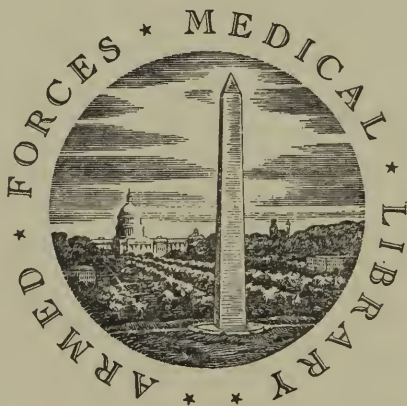


UNITED STATES OF AMERICA

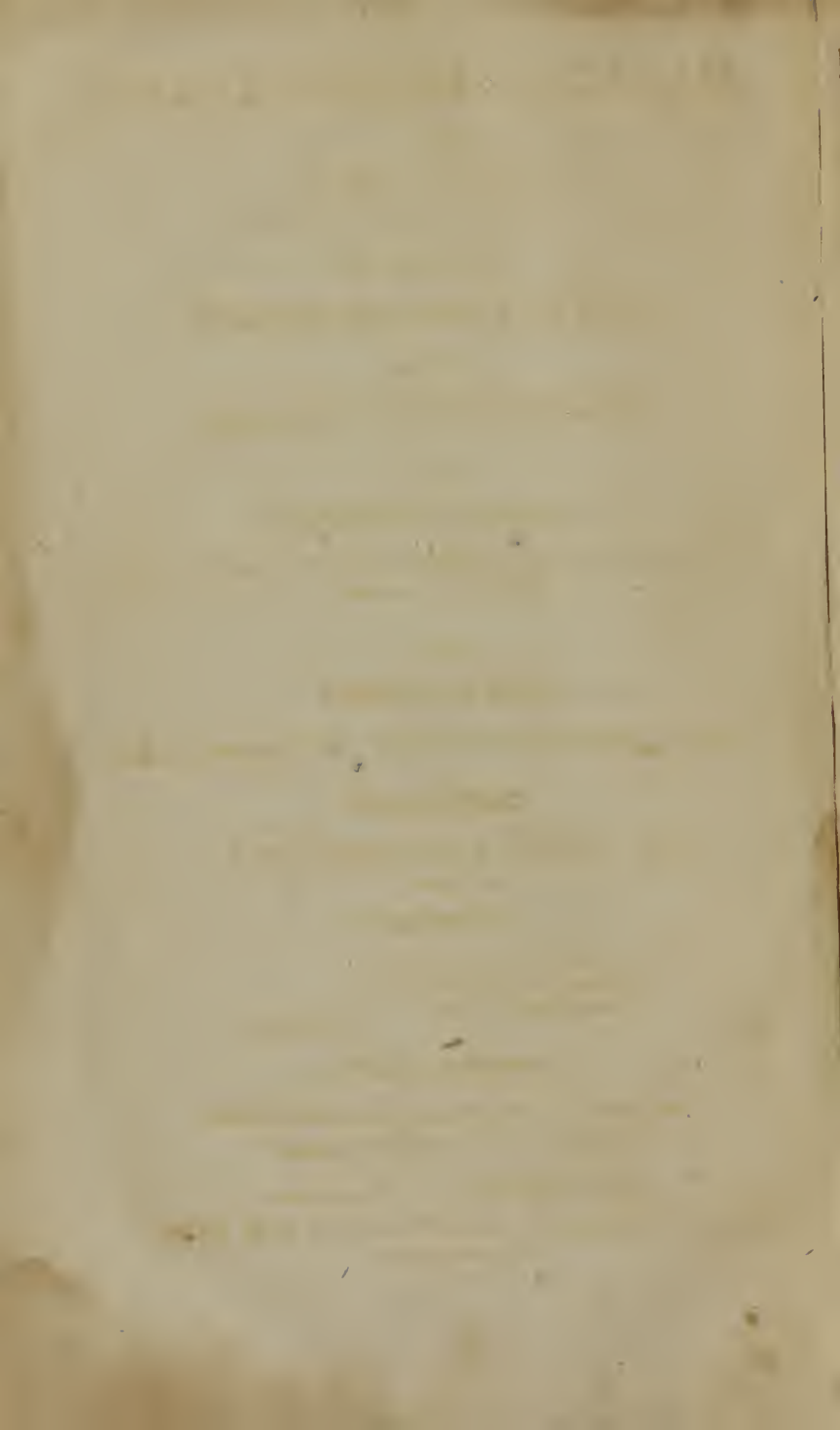


FOUNDED 1836

WASHINGTON, D.C.

Isaac Calkins

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MEDICAL ADMONITIONS

TO

FAMILIES,

RESPECTING THE

PRESERVATION OF HEALTH,

AND THE

TREATMENT OF THE SICK.

ALSO,

A TABLE OF SYMPTOMS,

SERVING TO POINT OUT THE DEGREE OF DANGER, AND, TO DISTINGUISH ONE
DISEASE FROM ANOTHER :

WITH


OBSERVATIONS

ON THE IMPROPER INDULGENCE OF CHILDREN, &c.

By *JAMES PARKINSON*, M. D.
HOXTON.

How best the fickle fabric to support
Of mortal man ; in healthy body how
A healthful mind the longest to maintain.

ARMSTRONG.

—•••••—•••••
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1803.



INTRODUCTION

TO THE

TABLE OF SYMPTOMS.



IN the most trifling affairs, hardly any one will be found who will entrust another, with the performance of any business of the nature of which he is uninformed.

Should any one be asked to trust another with the turning of a toothpick, out of some substance which he valued, merely on the recommendation of his having an excellent set of tools, and an essay on the art of turning, he would consider that some practice would be necessary to give him the art of turning the wheel, with due velocity and regularity, and of holding the tool, and of applying it in the most proper manner. He would remark that repeated observation and experience were required, to give a knowledge of the grain of various substances, and in what direction the grain of different

ent

ent substances should be worked ; and that without this knowledge, he would be likely to shiver to pieces the substance on which he operated, instead of making it assume an useful and beautiful form. He would therefore say, No, you must excuse me, I must apply to some artist of more judgment and ability, for I will not have my toothpick spoiled. But often when life itself is at stake, much less circumspection is employed than in the turning of a toothpick—the treatment of some dangerous disease is confided to any one who possesses a medicine chest and the small share of skill which is derived from the perusal of some treatise on domestic medicine.

To destroy the strange infatuation on which such inconsistency depends, would be a hopeless endeavour ; but humanity suggests, nay, commands, that every thing be done which may be likely to lessen the evils resulting from it. If men will, in spite of remonstrance, rush into danger, they are not, therefore, to perish unaided. Should any one obstinately put to sea without a compass to steer by, and without any knowledge respecting the navigating of a ship ; but what he picks up during his voyage, by reference to some treatise on navigation, it would not be sufficient, merely to endeavor to dissuade him from making the rash attempt,
But

But if he persist, every possible assistance should be yielded him : the perils he has to shun should be clearly pointed out, the different rocks and quicksands he is to avoid, should be marked ; and the different circumstances should be described which may show his near approach to danger.

With a similar intention, is the following table given ; it is by an attention to symptoms, that the physician is enabled to steer his course with confidence and safety, and to discover the dangers which threaten. By a reference to the following table, and by examining the symptoms most prominent at the commencement of disease, domestic practitioners therefore, may more readily detect the disease which they wish to remove ; and will be then better able to determine, as to the propriety of taking the task of curing it on themselves. If this be resolved on, a reference to the table may also serve to show the degree of danger which is marked by any particular symptom, which may arise in the progress of the disorder, and which calls for very powerful assistance.

T A B L E
OF
SYMPTOMS.



ANXIETY.

WHEN FEVER is accompanied by extreme anxiety, the patient sustaining, at the same time, a considerable loss of spirits and strength, the fever may be judged to be of a *malignant* kind, and to require the most powerful aid.

APHTHÆ, *see* THRUSH.

APPETITE, LOSS OF,

When accompanied by squeamishness, vomiting, distention and pain of the stomach, eructations and heart-burn, *weakness of the stomach* has taken place ; demanding a judicious regulation of the diet, and the use of corroborant remedies.

Returning in fevers and other acute diseases, a sign of a speedy recovery.

For

For things, seemingly improper, may often be indulged, in fever, not only without any ill consequence, but frequently with considerable advantage.

BELLY, PAIN OF, in lying-in women.

If within a few days after delivery, a considerable degree of soreness and pain is experienced in the belly, preceded by cold shiverings; the pulse becoming quick and small, the skin dry, the head and back painful, the breathing difficult, and the patient oppressed with excessive anxiety and dejection of spirits! there is great reason to suppose *the Puerperal Fever*, as it is termed, has come on: requiring the most judicious and prompt exertions.

Violent pain of, chiefly possessing the parts about the navel, vomiting and obstinate costiveness, with fever, show the existence of *inflammation of the bowels*, a disease which in general terminates fatally in a very few days, if proper remedies are not early adopted.

Gripping pains of, chiefly about the naval, accompanied by troublesome urgings, and generally preceding slimy or mucous stools, in which small streaks of blood are perceivable, show the disease to be *Dysentery* or *Bloody Flux*.

BLOOD,

BLOOD, raised by Coughing.

In every case in which blood is raised by coughing, it may be concluded that some blood-vessel in the lungs is ruptured. This circumstance is generally followed by Consumption, to mention this must be sufficient to induce early attention.

Raised by vomiting.

Blood thus discharged, must proceed from the stomach ; and except in cases of interrupted menstrual discharge, is attended with no small degree of danger.

Spitting of, without cough or vomiting.

This always proceeds from the mouth only, and is therefore unaccompanied by danger.

Discharged from the Nostrils.

This seldom occurs but in such a state of the system as demands great care, that by a spare regimen and a due employment of exercise, such a degree of fulness of the blood-vessels be prevented, as may produce *Consumption* in the young, or *Apo-plexy* in the aged.

Flowing from the Fundament.

This may in general be concluded to proceed from the Piles, if this be not the case, some internal mischief is to be feared.

BLOODY STOOLS, *see* BELLY,
GRIPING PAINS OF,

BREAST, SWELLING OF.

This symptom sometimes comes on, as the disease, termed the *Mumps*, subsides, but is always without danger.

SMALL KERNAL IN.

When a small, hard, moveable and painful kernel appears in the breast, a *Cancer* may be apprehended to be forming; and therefore the most speedy assistance should be obtained.

BREATHING, SHORT.

Frequent little cough, with shortness of breathing, pain in some part of the chest, and fever, denote *Inflammation of the Lungs*, which if not removed within the first two or three days of the disease, will either occasion death speedily, or produce a lingering *Consumption*.

BREATHING, DIFFICULT.

The breath drawn in with a loud wheezing sound, and the voice hoarse, with a Cough accompanied by a shrill barking sound, shew the disease to be the *Croup* or *Inflammation of the Wind Pipe*; the removal of which can only be obtained by the employment of proper means, in the *first hours* of the existence of the disease.

Returning

Returning, by fits, accompanied by a sense of tightness across the chest, marks the disease to be *Asthma*.

CONVULSIONS,

In children, often precede the *Small Pox*.

Frequently accompany *dentition*, and may, in general, be speedily cured, by properly lancing the gums.

Often occasioned by *worms* irritating the stomach and bowels.

Of the whole body, with frothing at the mouth, and total loss of sensibility, characterise *Epilepsy*, or the *Falling Sickness*; so termed from the subjects of this disease falling suddenly on the coming on of the fit.

With a sensation as if a ball was rising in the throat, flutterings and rumbling in the bowels, shew the disease to be *Hysterics*.

COSTIVENESS,

Obstinate costiveness, with severe pain and contraction of the belly, point out the *Colic*.

When it happens to the makers of white lead, painters, lapidaries, &c. there will be reason to suppose it is produced by the *poison of lead*.

With

With extreme pain, fever, and vomiting, shew *inflammation of the bowels.*

The symptoms just enumerated, may be produced by a protrusion of some part of the bowels, at a *hernia* or *rupture.*

Often found with weak organs of digestion.

COUGH.

Long continuing should excite apprehensions, lest some dangerous alteration be taking place in the lungs.

With shortness of breath, fever, and pain in the chest, the face swelled and of a purplish colour, particularly point out *inflammation of the lungs.*

Continuing with shortness of breath, after the other symptoms have subsided, gives reason to apprehend such a change in the state of the lungs, as may terminate in *Consumption.*

Frequent, with increased discharge from the mouth, nose and eyes, distinguishes *Catarrh.*

And redness of the eyes, accompanying an eruption on the skin, with fever, are the symptoms of *Measles.*

May sometimes be an *hysterical affection.*

Is sometimes symptomatic of an *affection of the liver*.

Discharging purulent matter, and accompanied by fever, increasing twice in the twenty-four hours, shows that *Consumption* has taken place.

Strangling, convulsive, quickly repeated, and accompanied with a peculiar hooping sound, *Hooping Cough*.

CRAMP IN THE LEGS.

A frequent symptom in the disorder of the bowels, termed the *Cholera Morbus*.

DEAFNESS.

Succeeding to a purulent discharge from the ear, is seldom cured.

Of considerable length of duration, often depends on the external passage of the ear being obstructed by wax, and consequently may be cured by its removal.

DELIRIUM.

Preceded by cold shivering, and succeeding to excessive indulgence in spirituous liquors, demands the utmost attention, since *inflammation of the brain* may perhaps be forming.

In acute diseases, never occurs without danger.

In

In the beginning of fever, ought to excite the utmost alarm, it probably being the consequence of *inflammation of the brain*.

Accompanying *Erysipelas*, or *St. Anthony's Fire*, and increasing as the disease proceeds, is an alarming symptom ; pointing out some serious affection of the *brain or its membranes*.

Whenever violent, with redness of the face and eyes, and fever, the patient experiencing great inconvenience from light and noise, *inflammation of the brain* may be concluded to be present.

DROPSICAL SWELLING,

Of the whole body, at the conclusion of *Scarlet Fever*, shews a dangerous disposition, and if not removed at it's first appearance may terminate fatally.

DROWSINESS,

With a difficulty of speech and of recollection, and numbness of the limbs, demand the greatest attention, being often the fore-runners of *Palsy* or *Apoplexy*.

Accompanied by pain in the head and pit of the stomach, and preceded by shivering, sometimes takes place on the commencement of the fever of *Small Pox*.

With

With a frequent dry, hoarse cough, and running at the eyes and nose, is generally followed by the eruption of the *Measles*.

EARS,

Extreme pain of, always to be considered as a symptom demanding great attention ; since it generally shows inflammation to have taken place, which, if not removed in time, may terminate in deafness for life.

Sense of tingling in, with head-ach and continual drowsiness, threatens *Palsy* or *Apoplexy*.

ERUCTATIONS,

Frequent acid, denote a *weakness of the stomach*.

ERUPTION, SCARLET.

Gives name to the *Scarlet Fever*, with which is frequently found *ulcerated Throat*.

Is also, generally, a symptom in the *malignant ulcerated Sore Throat*.

OF PIMPLES,

In their first appearance somewhat resembling the foregoing eruption, but the cuticle being a little elevated, and the eruption more clustered, marks it to be the *Measles*. The making the necessary distinction is more easily accomplished, when the eyes and nostrils suffer an increase of discharge, and the former look red and inflamed.

When

When more distinct and more elevated, and the nostrils and eyes are not affected, as in the former case, the disease may be concluded to be the *Small Pox*, which will soon plainly appear, the eruption assuming a pustular form. It should be remembered that the termination of this and the former disease, will frequently depend on their treatment in their first stages.

If it resembles the eruption just mentioned, except in its assuming, at its first appearance, more of a vesicular form, and dying off on the third or fourth day, the disease is the *Swine* or *Chicken Pox* ; a disease without danger, and seldom demanding medicinal assistance.

VESICULAR,

Appears of the size of a millet seed in fevers, and other diseases, where there has been profuse sweating, or in cases where much blood has been lost ; and is termed the *Miliary Eruption*.

OF RED SPOTS,

With a lighter centre, accompanied with an itching, resembling that which is produced by the stinging of nettles, is called the *Nettle Rash*.

Scaly, white, and itching, beginning about the elbows, and spreading to the hands, the body and face, is the *Leprosy*.

OF

OF SMALL PIMPLES,

Containing a pellucid fluid, appearing all over the body, but chiefly at the bending of the limbs, and itching violently, is the *Itch*.

On the head, terminating in ulcers, which discharge a humour soon drying into a whitish crust, is denominated *Tinea*, or *Scald Head*.

EXTREMITIES

Becoming cold, in acute diseases, marks danger.

Becoming cold, with pain in the belly, or with great heat of the body, also shews danger.

EYES,

Not closing during sleep, in fevers, is a bad symptom.

Red, painful, and watery, with incapability of sustaining the light, shows inflammation of this organ.

Appearing sunk, dull, or watery, is a symptom of much danger in fevers.

FACE

Contracted, the eyes appearing sunk, nose sharp, the ears cold, the skin dry and pale, the eye lids, lips, and cheeks livid, show life to be nearly at an end.

Swelled,

Swelled, pale, and of a waxy hue, in children, points out a disposition to *Rickets*.

——Pale and fallow in young female subjects, shows such a *cachectic disposition*, as if not removed may terminate in complaints of a very serious tendency.

FAINTING.

When it occurs frequently, points out a very debilitated state of the system.

FEVER,

Accompanying pain in any internal part, shows in general, that inflammation is establishing itself in that part ; and can only be removed by an immediate employment of powerful means.

Increasing about noon and evening, with sweats during the latter part of the night ; and the urine depositing a bran-like sediment, gives reason to suppose that some change in the system, full of danger, has taken place.

FITS,

Happening just before the eruption of the Small-pox, are not always, though generally succeeded by a favourable kind.

GIDDINESS,

With sickness of the stomach and loss of appetite, shows the *Stomach* to be foul. Ac-

Accompanied with head-ach, ringing in the ears, and impaired powers of recollection, threatens apoplectic or paralytic attacks.

HANDS AND FEET SWELLING IN SMALL-POX.

As the swelling of the head and face subsides, is a favourable symptom.

HEAD - ACH.

Continuing, with violence, through the course of fevers, shews that a fatal termination of the fever is to be apprehended.

With giddiness, sickness, and loss of appetite, but without fever, accompanies *foulness of the Stomach*.

With redness of the face and eyes, and fever, are symptoms of inflammation of the brain.

Accompanying *Inflammation of the Eyes*, is in general a mark of danger.

With eructations, and loss of appetite, points out *Indigestion*.

With pain and tension at the pit of the stomach, generally proceeds from *wind* pent in the stomach.

When accompanied by a *strict state of the bowels*, may be attributed to that circumstance.

With

With florid countenance, and a full, sluggish pulse,
may arise from *fullness of blood*.

With chilliness, slight shiverings, and great lassitude,
generally distinguish the *commencement of fever*.

HEAT

At the pit of the stomach and sour risings, constitute the *Heart-burn*, arising from *Weakness of the stomach*.

May not, in *putrid fevers*, arrive at such a degree as to excite a necessary degree of alarm, in the friends of the patient.

With pain in any external part, gives reason to suspect *inflammation* to be proceeding to *suppuration*.

Internal, with cold limbs, in fevers, points out great danger.

HICCUP,

Succeeding to considerable evacuations, shows much danger.

Occurring in the progress of internal inflammation, gives reason to fear the coming on of *Mercurification*.

Is an alarming symptom in cases of *Suppression of Urine*.

Shows

Shows great danger to exist in cases of *strangulated rupture*.

HOARSENESS,

Generally found to accompany eruptive fever of measles.

LASSITUDE,

And real debility, generally precede the other symptoms of fever.

And languor, in children, should always excite vigilance in parents and those who have the care of children.

LEGS, SWELLING OF,

In a very slight degree, in persons rather advanced in years, and using but little exercise, is not to be regarded as an alarming circumstance.

In persons beyond the middle stage of life, who are affected by difficulty of breathing, may be considered as entirely depending on the disordered state of the lungs ; and as pointing out the necessity of exertions being made for their relief.

With diminution of urine, and failure of strength, should be considered as a warning that some important change in the system is taking place, perhaps tending to *Dropfy*.

LIPS.

LIPS.

Eruptions on, succeeded by scabs, in fevers, is a favourable symptom.

LOOSENESS,

Occurring in cases of hectic fever, with night sweats, shows danger.

MATTER,

Discharged from the lungs, hectic fever being also present, a mark of consumption.

Of a purulent appearance may be discharged from the lungs, and if without hectic fever, consumption may not succeed, if very powerful means are employed.

MENSES,

When suppressed in consumption no benefit will be derived from endeavouring to procure their return ; their suppression being a symptom, not the cause of consumption.

MIND,

Much dejected in the beginning of fevers, generally points out a considerable degree of malignancy in their nature.

PAIN,

Internal, with fever, requires particular attention ; it in general denoting *inflammation* of some internal part.

Suddenly

Suddenly ceasing, in cases of internal inflammation, the countenance sinking, the pulse becoming very quick and small, with frequent cold shiverings, gives cause to fear the coming on of *mortification*.

In cases of internal inflammation, gradually diminishing, and a sensation of weight in the part gradually arising, with some degree of anxiety, shews that *suppuration* is taking place.

IN THE HEAD,

With fever, redness of the face and eyes, and inability to bear noise and light, are symptoms of *inflammation of the brain or its membranes*.

IN THE EAR,

With feverishness, symptoms of *inflammation in the ear*.

IN THE CHEST,

With a sense of oppression, and of heat under the breast bone, with a saltish taste in the mouth, generally precedes *spitting of blood*.

In the chest, with fever, difficulty and shortness of breathing, are marks of *inflammation of the lungs*. If the other symptoms here enumerated are present, the disease may be concluded to exist, although the pain be not considerable.

ACROSS

ACROSS THE CHEST.

Coming on suddenly, during walking, and particularly whilst going up stairs, or ascending a hill ; a pain also being felt, at the same time, about the middle of the arm, are symptoms of the disease termed *Angina Pectoris*.

PAIN OF THE SIDE,

Increased by drawing in the breath, and particularly by coughing, with hard pulse, and difficulty of laying on the pained side, denotes *Pleurisy* or *Inflammation of the Pleura* or membrane investing the inside of the chest.

IN THE LEFT SIDE OF THE CHEST,

With fever, great anxiety, irregular pulse, faintings and palpitations, are symptoms of *inflammation of the heart*.

IN THE LEFT SIDE,

Under the short ribs, with fulness and tension, distinguishes the *inflammation of the spleen*.

ON EITHER SIDE OF THE CHEST,

Not very acute, nor violently increased during inspiration, may occur in consequence of an affection of the muscles of the chest.

IN THE RIGHT SIDE,

Under the short ribs, extending to the shoulder, with fever, points out *inflammation of the liver*.

OVER

OVER THE WHOLE BELLY,

Increased by straitening the body, extreme foreness and fever, mark *inflammation of the peritoneum*, or membrane lining the cavity of the belly.

Very violent vomitings, obstinate costiveness and fever, distinguish *inflammation of the bowels*.

ABOUT THE NAVEL,

Very severe, with costiveness and contraction of the belly, are symptoms of *Colic*.

With frequent slimy stools, streaked with blood, point out *Dysentery or Bloody Flux*.

AT THE BOTTOM OF THE BELLY,

With fulness and extreme tenderness on pressure, and frequent painful attempts to pass urine, which escapes only in small quantities, shows *inflammation* to have possessed the bladder.

IN THE BACK,

One of the first symptoms of fever, and generally occurs to a great degree in *malignant* and in *eruptive fevers*.

IN THE LOINS,

Passing forwards toward the bottom of the belly, fever, vomitings, numbness of the thigh, and drawing up or pain of the testicles in the affected side, accompany inflammation of the kidneys.

IN THE LARGE MUSCLES, AND IN THE JOINTS,
Without redness, swelling, or fever, occurs in
Chronic Rheumatism.

With swelling, redness, and fever, distinguish *acute*
or *Inflammatory Rheumatism*.

IN THE SHIN BONES,
Or in the head, suffering a considerable augmentation in the evening, demands immediate attention.

IN THE JOINTS OF THE GREAT TOE,
Instep, or hand, generally preceded by some affection of the stomach, and coming on most commonly in the night, characterizes the attacks of
Gout.

IN THE LIMBS,
Generally occurs at the commencement of fever.

AT THE PIT OF THE STOMACH,
With vomitings, may proceed from *Gall-Stones*.

At the commencement of fever, is often followed
by a disease of a considerable degree of malignity.

Also frequently precedes the eruption of the Small
Pox or Measles.

And heat in the stomach, increased by the swelling of even fluids, with vomitings, extreme anxiety, and fever, with are symptoms of *inflammation of the stomach*.
AT

AT THE BOTTOM OF THE BELLY,

With heat, swelling, and tenderness on pressure, frequent vomitings and fever, are symptoms of *inflammation of the womb*. Darting, in the region of the womb, generally accompanies a *schirrous or a cancerous state*.

PALPITATION OF THE HEART,

May proceed from some disease, originating in the *heart itself*; or may be symptomatic of *general debility*.

With quick and difficult breathing, after moderate exercise, and fallowness of the complexion, marks of chlorosis.

Irregular pulse, extreme anxiety, and frequent fits of suffocation, generally accompany *Dropsy of the Pericardium*.

PAROXYSM, FEBRILE,

Returning repeatedly, after twenty-four hours intermission, distinguishes the *Quotidian Ague*.

Returning after an intermission of forty-eight hours, the *Tertian Ague*;

And, after an intermission of seventy-two hours, the *Quartan Ague*.

PULSE

PULSE

Quick, succeeding to cold shivering, and accompanied by heat, shows the existence of *fever*.

Quick, hard and strong, with preternatural heat, points out *inflammatory fever*.

Similar to the foregoing accompanies particular *inflammation*.

Hard, small and quick, is generally found with *inflammation of the stomach or bowels*.

Quick, small and weak, with extreme debility in fevers, shows the fever to be malignant, and great danger to exist.

REDNESS OF THE SKIN.

Diffused, hot and but little swelled, the skin only elevated as with a little roughness, distinguishes the *Erysipelas*, or *St. Anthony's Fire*.

OF THE CHEEKS,

Coming on with the hectic fever, marks *Consumption*.

RESPIRATION QUICK AND SHORT.

With fever, and tightness across the chest, indicates *inflammation of the lungs*.

SHORT AND QUICK,

Pains in the side of the chest and fever, distinguish *Pleurisy*. DIFFICULT,

DIFFICULT,

Recurring by fits, without fever generally marks
Asthma.

Awaking the patient with considerable alarm, with
weight across the chest, and swelling of the feet,
points out *water in the chest*.

May also accompany Inflammation of the Liver,
various affections of the heart and large vessels,
distension of the bowels by wind, and the pre-
ternatural enlargement of any of the bowels.

RESPIRATION.

Snoring and long, with the appearance of deep
sleep, distinguishes *Apoplexy*.

DIFFICULT,

A bad symptom, in all fevers.

RIGIDITY,

At the side of the face, and back of the neck, and
difficulty of swallowing, are the first symptoms
of a *Locked Jaw*.

SHIVERING,

Is the first symptom of every *febrile* or *inflammatory*
disease.

In fevers, not succeeded by increase of heat and
sweat, an unfavourable symptom.

Occurring

Occurring in the latter stages of fever, the patient being very low and weak, is also an unfavourable sign.

With delirium, following intoxication, threatens a dangerous affection of the brain.

After violent inflammation, shows that suppuration is taking place.

In the small-pox, about the ninth day, the skin appearing shrunk, and the pustules flattening, and becoming pale at their bases, shows danger.

SICKNESS

Occurring after having been in the chamber of a person in a fever, sometimes marks the first impression of infection, requiring the immediate employment of an emetic.

Accompanied with pain at the stomach, heartburn, and loss of appetite, shows the weakness of the stomach.

SIGHING

Frequent, in fevers, a bad symptom.

SIGHT, EXTREMELY INDISTINCT,

In *fevers*, the patient being much exhausted, shows much danger.

INDISTINCT.

INDISTINCT.

The eyes becoming uneasy and hot, after reading, &c. the eye requiring to be removed farther for the examination of any minute object than it has been wont, shows the convexity of the cornea to have become morbidly diseased, and that the use of convex glasses is positively indicated *.

Affected by dark spots and streaks appearing on the objects viewed, shows a serious affection of the eyes, but this is not, as has been supposed, a sign that blindness must inevitably follow, since this affection may sometimes be removed by proper measures.

SKIN, COLD,

Whilst great thirst and internal heat are experienced, is a bad symptom in a fever.

PUNGENTLY

* In a publication of this kind, it would be worse than folly to sacrifice utility to a scrupulous adherence to order ; the above indication is therefore introduced, although rather out of place, from a conviction, that through inattention to this circumstance, the eyes are often considerably injured. Objects require painful exertion to observe them distinctly ; this being frequently done, the organs of vision are strained, and all the range of eye-waters employed, when the cure is only to be found in the use of a pair of spectacles.

PUNGENTLY HOT,

Leaving a smarting sensation of heat on the fingers of the examiner, shews great malignancy in fever.

OF A GREENISH YELLOW.

Gives name to the *Green Sickness*.

YELLOW,

As well as the urine and the whites of the eyes, and the stools white, distinguishes *Jaundice*.

SLEEP

Returning, with appetite for food, may be considered as a most favourable symptom in every fever.

Calm, after delirium, is a favourable event.

SLEEPINESS

Often precedes and accompanies the Erysipelas of the face ; and if it increases with the disease, it points out much danger.

SNEEZING,

Discharge of a limpid fluid from the eyes and nose, and frequent cough, shew that Catarrh and *Coryza*, as it is termed, are forming.

SPIRITS

DEPRESSED IN THE BEGINNING OF FEVERS,
Shows the fever to be of a low and malignant kind.

DEPRESSED

DEPRESSED WITHOUT CAUSE,

Loss of appetite, sickness, pain, and oppression in the stomach, distinguish *hypocondriacal affections*.

SPITTING,

Discoloured with blood, raised by coughing, shows such a state of the lungs as requires the greatest care and attention.

SPOTS

LIVID,

Accompanied with putrid and bleeding gums, and great weakness, are the signs of *Scurvy*.

PURPLE,

A symptom marking great danger in *malignant fever*.

STOMACH,

Pain of, may proceed from ulcers or worms.

VIOLENT PAIN OF,

With vomiting and fever, are symptoms of *inflammation of the stomach*.

PAIN AT THE PIT OF,

With sickness, recurring at uncertain periods, and succeeded by slight yellowness of the skin, accompanies the passing of gall stones.

Painful distention of, after even moderate eating, generally proceeds from weakness of the stomach.

F.

STOOLS

STOOLS

WHITE,

Shew an obstruction of the gall through the ducts;
hence also yellowness of the skin, or *Jaundice*.

BLACK,

With sudden relief from violent pain in *inflammation of the bowels*, shew great danger.

SLIMY,

Sometimes bloody, and griping pains, are symptoms of *Dysentery*, or *Bloody Flux*.

STUPOR,

After wounds, or blows on the head, requires particular attention.

SWALLOWING

DIFFICULT,

And acutely painful, with swelling and redness of the back of the mouth or upper part of the throat with fever, marks *inflammatory sore Throat*.

And not extremely painful, white crusts or floughs forming in the upper part of the throat, and a low fever, point out, especially if a scarlet eruption appears on the breast, arms, &c. that the *sore Throat* is of the *ulcerated malignant* kind.

Coming on gradually, and without pain or fever gives reason to fear a contraction is taking place

in

in the gullet. Endeavours for it's cure are only to be made with a prospect of success during the commencement of the disease.

Of liquids, inability of, and dread of water, constitute the disease termed *Hydrophobia*.

Of liquids, sometimes impeded in cases that are plainly *Hysterical*.

SWEAT,

GENERAL AND PROFUSE,

Occurring in cases of inflammation, a favourable symptom.

PROFUSE,

Succeeding to hectic heat, with difficulty of breathing, cough, and spitting of purulent matter, distinguishes *consumption*.

BREAKING OUT GRADUALLY,

And continuing some time, is, in general, a favourable symptom in *fevers*.

Almost always concludes the fit of *Ague*.

COLD,

Breaking out about the face and neck in *fevers*, shows great weakness and danger.

SWELLING

OF THE HEAD AND FACE,

Takes place, in small-pox, according to the number and confluency of the pustules. Ac-

Accompanies and succeeds *Erysipelas*, or St. Anthony's Fire in the face.

OF THE HANDS AND FEET,
In Small-Pox, succeeds, to the swelling of the *head*
and *face*.

ABOUT THE ANGLES OF THE JAW,
With slight fever, distinguishes the *Mumps*.

OF THE HEAD,
In young children, who are heavy, drowsy, and
even at times convulsed, gives reason to fear
Dropsy of the Brain.

OF THE FORE PART OF THE HEAD,
Large belly, the rest of the body thin, and the
joints enlarged, are symptoms of the *Rickets*.

OF THE UPPER PART OF THE RIGHT SIDE OF
THE BELLY,
Gives reason to apprehend *Enlargement of the Liver*.

OF THE BELLY,
Elastic and sonorous, on being struck by the fin-
gers, distinguishes the *Tympany*.

The stroke of the fingers producing a discoverable
fluctuation, distinguishes the *Ascites*, or the col-
lection of water in the cavity of the Belly.

AT

AT THE BOTTOM OF THE BELLY,

With suppression of urine, or frequent inclination to void it, with pain, tenderness, or pressure, characterize *Inflammation of Urine*.

OF THE SCROTUM,

Painful and hard, shows inflammation of the part.

Not painful, rather pellucid, and giving the idea of fluctuation on being gently struck with the finger, distinguishes Hydrocele, or *Dropsy of the Testicle*.

Gradually increasing downwards, and enlarging upon sneezing or coughing, shows *Hernia*, or protrusion of some part of the bowels.

OF THE FEET AND HANDS,

In *Small-Pox*, generally takes place as the swelling of the face subsides.

OF THE FEET,

Where considerable *discharge of blood* has taken place, shows that a dangerous degree of debility is brought on.

Is, in general, a symptom demanding particular attention.

OF ANY PART,

With heat, redness, tenderness and throbbing, shows an *Abscess* to be forming in that part.

Cold

Cold, pallid, and retaining the impression of the fingers, distinguishes œdematous swellings.

IN THE BREAST,

Solid, the edges rather hard and not very painful, is most probably, *schirrous tumour*, which, unless removed, will terminate in *Cancer*.

OF THE GLANDS

In the sides of the neck, with swelling and chapping of the lip, and large belly, show a scrophulous disposition.

TASTE,

BITTER,

Sickness, want of appetite, and pain at the stomach, are symptoms of *indigestion and weakness of the stomach*.

ACID,

With the foregoing symptoms, also occurs in weakness of the stomach.

TEETH,

GRINDING OF,

In fever, a symptom of danger.

In children, a symptom of worms.

ACHING OF,

A symptom of inflammation, or *Caries*.

Covered with dark, foul, viscous matter, in fevers, generally marks malignancy.

TENDONS.

Twitching, at the wrist, in fevers, shows danger.

TESTICLES

SWELLED,

Occurs sometimes at the close of the disease called the *Mumps*.

DRAWN UP,

And affected with aching pain, with pain in the back, stretching forwards and downwards, with sickness at the stomach, are symptoms of gravel in the kidneys, or *ureters*.

THIRST

Generally present in *fever*.

Frequently occurs in fever ; but, when wanting, where the tongue is parched and foul, shows danger.

Is generally a troublesome symptom in *Dropsy*.

THROAT,

SWELLED AND RED,

Swallowing very painful, mark the *inflammatory Sore Throat*.

OF A DEEP CRIMSON COLOUR,
 With whitish specks, spreading and deepening ;
 extreme debility, and the pulse small and quick,
 distinguish the putrid *ulcerated Sore Throat*.

THRUSH, OR APHTHÆ,
 Little ulcers, generally white, appearing on the
 tongue, inside of the lips, checks, &c. .

When these occur to children, it may in general
 be concluded either that the food of the child is
 not sufficiently nutritious, or that the child
 breathes an air too impure.

Frequently appear in the latter stage of consumption.

Appearing in fever, not always to be considered as
 a symptom of extreme danger, but sometimes as
 a mark of a critical, and even favourable change
 having taken place.

TONGUE,
 TREMBLING AND BLACK,
 A symptom of danger in fever.

Parched, without thirst, in fevers, is a bad symp-
 tom.

HARD TUMOUR OF,
 Though small, demands immediate care.

TOSSING ABOUT,
 A frequent symptom in dangerous fever.

TREMOR,

TREMOR,

In fever, a sign of great debility.

VOMITING,

Frequently symptomatic of inflammation of the kidney, and is generally excited by the passing of gravel.

Very frequent, extreme pain in the stomach, fever, and small hard pulse, distinguish *Inflammation of the Stomach*.

With great pain in the bowels, fever, obstinate constiveness, and hard and small pulse, point out *inflammation of the bowels* and *strangulated rupture*.

After blows or wounds on the head, gives reason to suspect very serious injury.

BILIOUS,

With frequent bilious stools and pains in the bowels, are the symptoms of the disease termed *Cholera Morbus*.

URINE.

DEPOSITING A BRANNY RED SEDIMENT,
And the soles of the feet and palms of the hands frequently disagreeably hot, show hectic fever to be present.

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BLOODY,

BLOODY,

Shows a rupture, or morbid dilutation of some blood vessel, in the kidneys, bladder, or urinary passage.

WITH A CREAM-COLOURED SEDIMENT,

Blended with small light-coloured flakes, mark the existence of an *Ulcer in the bladder*.

HIGH-COLOURED,

Generally accompanies *inflammation*, and *inflammatory fever*.

HIGH-COLOURED,

Depositing a sediment of a pink, or of a brick-dust colour, generally shows *disease of the liver*.

IN THE COLD STAGE OF AGUES,

Generally limpid, in the *hot stage* high-coloured and clear, and, during the *absence of the fever*, depositing a reddish sediment.

WITH AN OILY SKIN

On the surface, points out a dangerous wasting.

PASSING IN EXCESSIVE QUANTITY,

Proceeds from *Diabetes*.

COPIOUS AND VERY LIMPID,

But of a natural colour and quantity at intervals, generally accompanies nervous affections.

SUPPRESSION OF,

May occur as a symptom of inflammation of the kidneys, ureters, bladder, or of the *urethra*, or urinary passage ; it may also be occasioned by a paralytic affection of these parts and by strictures in the urethra. .

Passed without the patient's knowledge in fevers is a bad symptom.

WAKEFULNESS,

Long continued, in fevers, with great eagerness of attention, denotes the approach of *Delirium*.

WEAKNESS,

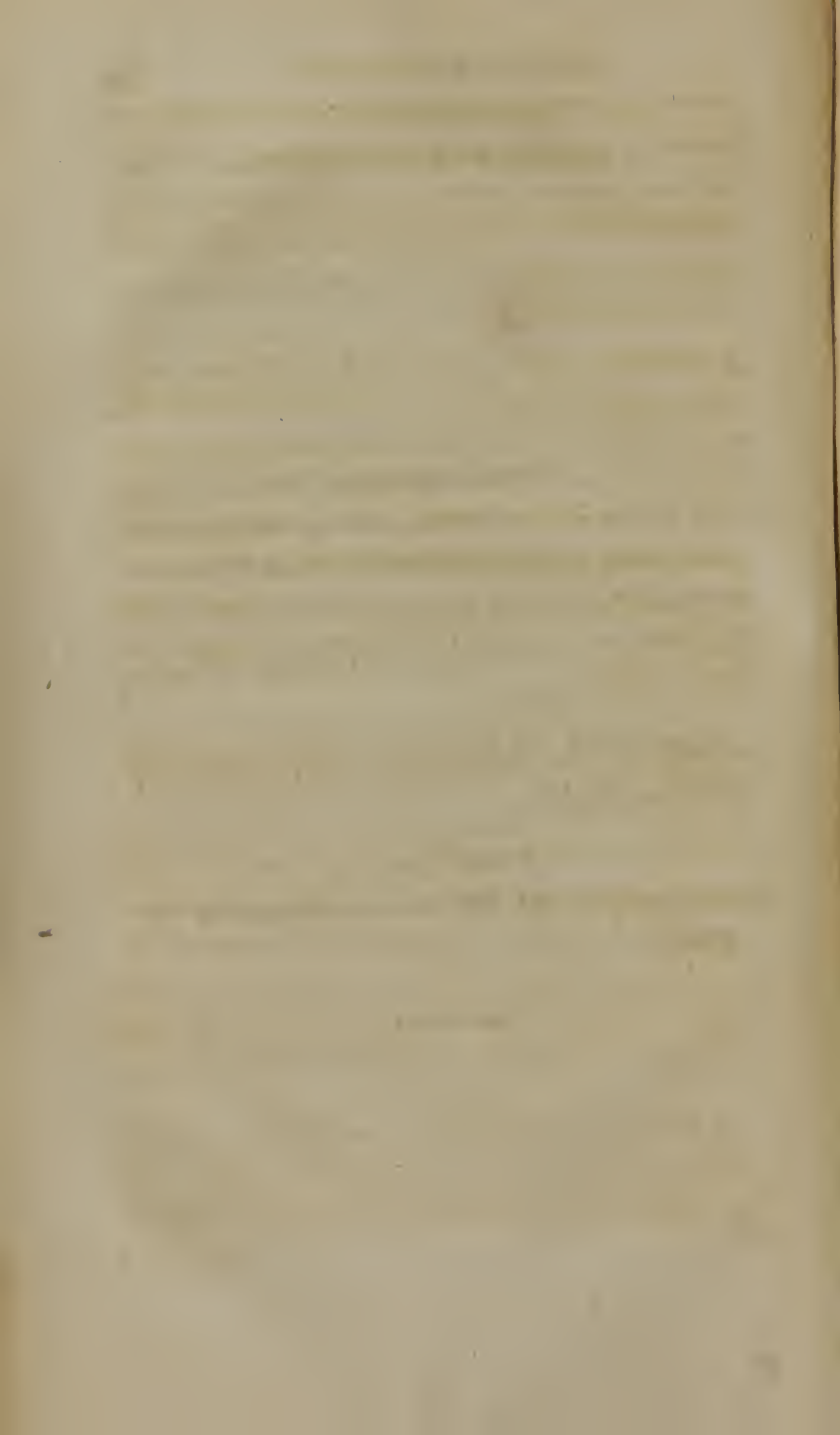
And indisposition to motion, a symptom of *Chlorosis* or *Green Sickness*.

Extreme, at the beginning of fevers, generally marks malignity.

YAWNING,

Generally occurs at the commencement of the ague fit.





Medical Admonitions.

MY DEAR FRIEND,

I COMPLY, with the utmost willingness, with your request to supply you with such information as may prevent you, on the one hand, from unnecessarily incurring the expence of medical attendance in the various trifling ails to which you and your family may be subjected ; and, on the other, from sacrificing a friend, or perhaps a beloved child, by delay or improper interference, in some insidious disease.

I undertake the work with additional pleasure, derived from the flattering consideration that I may, by its publication, render an essential service to those, who like yourself, being surrounded with large families, are anxious to avoid unnecessary expence : but are, at the same time, aware of the high degree of guilt which accompanies the omitting to obtain all that is in their power to mitigate the sufferings, or to save the life of a fellow-creature.

I shall not endeavour to furnish you with instructions for the cure of diseases in general. This has indeed been industriously attempted by several
ingenious

ingenious writers on Domestic Medicine, but certainly not with those beneficial consequences which I hope their authors intended. On the contrary, I fear that their disciples, not aware of the shallowness of the knowledge thus gained, immediately on the appearance of disease, fly with confidence to their oracles ; but, incapable of comprehending the various circumstances comprised in the answers they receive, they frequently adopt the very means they should have avoided ; and thereby increase the evils they were endeavouring to remove. It is not a loose and vague assertion, that the directions, given in such a work, are only intended for those cases in which a physician cannot be easily obtained, that will be sufficient to deter a weak mind from obstinately confiding, even in the most serious cases, in the knowledge derived from the perusal of a specious, concise, and apparently comprehensive method of cure.

Directions for the cure of diseases shall, in this work, be confined to those in which no risk can be incurred, by trusting them to the management of a domestic practitioner. Such diseases will not only be accurately described, but the symptoms will be carefully marked out which distinguish them from those diseases which differ from them in degree of danger, and in the mode of treatment
they

they require. The symptoms of those diseases in which the attendance of a physician or other medical character, is required, will also be carefully marked ; the particular circumstances which render such further aid necessary, will be pointed out ; and the mischiefs, likely to arise from improper interference, particularised. Since the degree of violence, duration, and danger, as well as the consequent injuries the patient may experience, frequently depend upon the means employed in the first moments of the attack in acute diseases, and upon the conduct adopted on the occurrence of sudden and alarming circumstances in chronic diseases ; the most proper means to be employed on these occasions will be distinctly laid down. The utility of these directions must be sufficiently evident, as, particularly in the country, regular medical assistance often cannot be obtained, in these cases of sudden emergency, with sufficient speed ; and the distress and confusion of those around the patient, will be likely to impede the due exercise of their judgment ; and to prevent their exertions being made, with that promptness which the situation of the patient may demand.

Another important task I shall endeavour to perform, is that of instructing the attendants on the sick, how they may best aid the effects of the means prescribed

prescribed by the physician. In vain may the most appropriate remedies be prescribed, unless the directions with which they are accompanied be duly attended to. But unfortunately, it too often happens, that the orders of the physician do not exactly coincide with the opinions of those about the patient ; and whenever this happens, it is much to be feared, that either the directions are not complied with at all, or only to such an extent as by no means will accomplish the purpose intended. When presumptuous nurses, or the timid friends of a patient, deviate from the directions of the physician, by omitting that which he has recommended, or by adopting that which has been suggested by some neighboring doctors, the mischiefs unfortunately do not stop here ; for, not chusing to have their folly known, they carefully conceal from the physician their departure from his directions. Puzzled at finding the measures, which he supposes to have been employed, have failed of effecting those changes he expected ; and, unable to account for appearances, the consequences of means which have been used without his knowledge, the physician is himself prevented from forming an accurate judgment of the situation of the patient.

Of such importance is the information which is required under this head, that I shall not only take
every

every opportunity to communicate particular directions ; but shall trespass on your time, in this place, for the sake of offering to your consideration one or two general observations. Medical men have too frequently the opportunity of observing, that whenever, from the urgency of the case, measures apparently severe are recommended, the sympathizing relatives, with more tenderness than judgment, delay punishing, as they term him, the poor sufferer, until some trifling change arises, which may afford them the shadow of an excuse for omitting them entirely ; and thus is the critical moment suffered to slip, without employing those remedies which alone could have saved the patient.

The tormenting reflections, which must harass the minds of those, who become convinced of having thus sacrificed their friend or relation, must exceed the powers of conception ; they not only suffering regret for their loss ; but, also experiencing the painful compunction, of having robbed the object of their affection of the only chance that existed, of obtaining a rescue from the hands of death. One of the first objects of enquiry, on the death of a beloved friend or relative, is, whether the utmost that art could do has been performed ; the mind seeking to obtain some consolation, from the assurance that no measures had been omitted, from which any advantage could have been derived.

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rived. Frequently it happens, that this enquiry is instituted, with too much severity and unfairness, by the afflicted, self-accusing survivors. Fear lest they should have imprudently occasioned the event they deplore, magnifies every suspicion ; and the recollection of the most trifling circumstances fixes the barbed sting in their mind.

On this essential point, therefore, I shall think it necessary frequently to dwell ; and to endeavour, by the arguments which each particular case may produce, to obtain that strict compliance with orders, without which the best adapted medicines may fail of their effects.

In doing this another task will arise ; that of refuting those vulgar errors and prejudices which frequently occasion an injurious interference, as well as an equally pernicious neglect during the first attack of the disease. By shewing how unsupported such opinions are by reason, and by pointing out the mischiefs arising from their influence, much benefit must therefore arise. You will, I hope, believe, that I entertain no wild expectation of conquering the prejudices of doctresses and of nurses themselves. No ! The object of endeavour under this head, is entirely to warn the friends of the sick, against the delusive prophecies and counsels of these most dangerous sibyls.

By

By exposing the evils resulting from the too frequent practice of domestic quackery, it may be hoped too, that the benevolence of the rich may be directed into more useful channels. At present it too frequently happens, that persons of influence and property are too much disposed, with the help of a family medicine chest, and a treatise on domestic medicine, to become the dispensers of physic to all their poor neighbors ; and to believe, that they are thereby rendering more service to the community, than by contributing to the support of those national benefits, public hospitals.

Having made these prefatory observations, I shall commence my promised undertaking with a few, I trust useful, remarks on a disease, which, from the frequency with which it occurs, and from the danger with which it is accompanied, claims our first attention.

F E V E R.

FEVERS begin with some degree of cold shivering, to which increased heat and quickened pulse succeed, with diminution of strength and interruption and disorder of several functions. In the progress of every fever may be discovered three different states, which are termed the cold, the hot, and

and the sweating stages or fits : these, succeeding in the order here described, constitute a paroxysm. When these paroxysms succeed each other, with but little abatement of the symptoms between them, slight transitory chills take the place of a cold shivering, and are soon succeeded by the hot fit ; this continues for several hours, and lessens as a slight perspiration comes on, but which is often very trifling, and sometimes, as well as the cold fit, is hardly perceptible. The increase and abatement of the symptoms, not being so considerable as distinctly to mark the different stages of each paroxysm, the disease appears to be one continued hot fit, and is therefore termed a Continued Fever. When, between each paroxysm, there occurs an evident, but short abatement, or remission of the violence of the symptoms, the disease is called a Remittent Fever. When an interval of some hours occurs between each paroxysm, in which there is a complete intermission, the disease is termed an Intermittent Fever or Ague.

Continued Fevers are divided, according to their duration, into Slow or Acute ; they are again divided into Inflammatory or Nervous ; the latter sometimes acquiring the farther distinction of Putrid or Malignant.

Intermittent

Intermittent Fevers are also divided, according to the length of the interval between each paroxysm, into Quotidians, Tertians, and Quartans.

There are other necessary divisions of Fever, but these are the most important, and sufficient, I hope, to authorise me to make the following observation.

In a disease, which requires such numerous divisions to mark the differences between its several species, it must be obvious, that much study and experience must be necessary to enable any one to make a proper discrimination ; and, as these distinctions are indispensably necessary to be made, previous to the determining on the plan of cure, you must plainly see that the cure ought only to be attempted by those, who have carefully studied the nature of the disease, and have diligently observed its several varieties. It must indeed be allowed, that it is not difficult to perceive these differences, and point out these distinctions, when the disease has nearly passed through its course. But, in almost every case of fever, it is necessary that this distinction should be made, in an early period of the disease ; for should any one, who attempts the cure of fever, not be able, in its beginning, to make the necessary discrimination, there exists the greatest probability, that the evils he suffers to increase, as well as those which he brings on by improper

proper treatment, will be too great and too numerous to be subdued, when the nature of the disease becomes known, and the most proper means for its removal is adopted.

It is very easy to lay down nice and accurate distinctions between diseases, in books, and the mind of the reader is often satisfied of the ease, with which he could make a practical application of them ; but every physician knows, that these discriminations are not easily made in the first stages of diseases, but by those who possess that knowledge to obtain which, both study and experience are required.

For the sake of exemplification, it is proper to remark, that the first symptoms of an acute inflammatory fever, and those of a slow nervous fever, are often so similar as to point out, very equivocally, the difference between these diseases ; so that little chance can exist of any one, but an experienced observer, ascertaining the species of the fever, until the occurrence of such symptoms, as shall, not only strongly mark its peculiar nature, but may also shew that the disease, aggravated by delay or injurious treatment, requires the utmost exertions of even the most skilful physician, to prevent a fatal termination.

Since

Since these fevers are well known to arise from two different, nay, contrary states of the system, their indications of cure must therefore be opposite; it must be obvious, that the adopting of the treatment adapted to the one, in the endeavour to remove the other, must be likely to be succeeded by very injurious consequences; and yet, from what has preceded, it is very evident, that this mistake is very liable to be made by those domestic practitioners, who undertake the cure of fever, without a suspicion of their own incapacity.

The difference which takes place in fevers from the change of seasons, and the nature of the reigning epidemic, ought to be enquired into previously to instituting a plan of cure: since, from these circumstances, a considerable difference may be occasioned, in the nature of the disease, and consequently in its mode of cure. But, from this information, the domestic practitioner must generally be precluded; it being, of course, confined to those, whose profession gives them the opportunity of remarking the progress of the disease, in many different subjects.

The small-pox, measles, and other eruptive diseases, as well as several disorders which differ very much in their respective natures, do yet agree in this particular, that their first appearance very exactly

actly resembles that of simple fever ; and they often, even for the first two or three days, are without any particular symptom, by which their peculiar nature can be ascertained, unless by those, who are informed of the nature of the prevailing epidemic ; and are well acquainted with those particular symptoms, which are the threatening precursors of these several diseases. The mischievous effects which must arise from the interference of the ignorant, in these cases, must be so obvious, as not to require to be here particularised.

INTERMITTENT FEVERS

OR
AGUES.

INTERMITTENT Fevers are composed of several distinct paroxysms, in general, returning with a shivering, having an evident intermission between each paroxysm.

The ague begins its attacks with inducing a considerable degree of weakness and lassitude, with frequent stretching and yawning ; soon after a sensation of cold is felt in the back and extremities, which soon pervades the whole body ; this increases, until the limbs, as well as the trunk of the body, become agitated with frequent violent shiverings.

ings. This state continues some time, during which a violent pain of the back and head, and a sensation resembling a stricture across the stomach, frequently distress the patient ; and the sense of coldness becomes so great, that no endeavours to obtain warmth are of the least avail ; the agitation of the whole frame being also, sometimes, so violent, that the patient is with difficulty held in his chair ; the pulse becomes small and frequent ; the breathing, oppressed ; and the urine, clear and almost colourless. These are the principal symptoms which distinguish the Cold Fit.

These symptoms subsiding by degrees, give way to warm flushings, which gradually increase, until redness and heat, much greater than natural, is extended over the whole body ; the patient, at length, burning with such extreme heat as to be now, as solicitous for the refreshing sensation of cold, as he was before anxious to mitigate its violence. His sufferings become now increased by an almost insatiable thirst, and a pain of the head, sometimes ending in delirium, and sometimes bringing on a lethargic and almost apoplectic state ; the pulse becomes more hard and full ; the respiration, freer ; and the urine, high coloured, but without sediment. These are the chief symptoms observable in the Hot Fit.

After these complaints have existed some time, the heat gradually declines, the thirst lessens, and the skin is relaxed, a sweat gently breaks out on the head, and gradually diffuses itself over the whole body : this increases, until it becomes profuse, after which it abates, and by degrees entirely ceases. During this stage, which is termed the Sweating Fit, the pulse becomes slower and softer, and the breathing more free ; the urine, after the sweat has continued some time, deposits a sediment, which is generally of a reddish colour.

The above stages of the disease having been gone through, the patient enjoys an intermission of the symptoms, which lasts according to the particular type which the disease assumes.

According to the length of time in which the paroxysm returns, the ague obtains its name. If the paroxysm returns every day it is termed a Quotidian, if every third day a Tertian, if every fourth day a Quartan, &c.

The remote causes of agues are, first, the effluvia which arise from marshes or moist grounds acted on by heat ; secondly, cold, especially when accompanied by moisture. These will necessarily act with more certainty, if a predisposition to the disease exists. This predisposition may be induced by too
spare

spare living, excessive fatigue, watching, excessive study, indulgence in crude and watery food and in spirituous liquors, and by preceding diseases ; particularly such as have been attended with large evacuations, in a word, by every thing which tends to weaken the system.

Although the symptoms, which have been described, may appear to be sufficiently characteristic, to prevent agues from being mistaken for any other disease, even by a domestic practitioner ; yet such an error may be very likely to take place : for intermittents are often accompanied by such irregular symptoms, as render it very difficult to ascertain the real nature of the disease.

The sagacious Sydenham observes, that “It has “happened in every epidemical constitution, that “in some of those who had the fever (the intermittent fever) the fit did not begin with chills “and shivering, but the patient was attacked with “symptoms resembling true apoplexy. What need “(he says) of more words, for it assumes so many “shapes as to imitate almost all the diseases to “which mankind is liable ?”

Need there be any reserve then used, in pointing out this disease as one of those, which does not come within the reach of domestic practice ; since,
from

from the ambiguity of its first appearances, such mistakes may take place as may prove dangerous in their consequences ? Besides, fevers frequently occur, which, at first, appear in a continued form; but in which, after a little time, certain symptoms appear, pointing out, to the discerning observer, a disposition to assume the form of an intermittent. In such cases, the greatest skill is required ; for on the mode of treatment adopted, at this period, the length of the disease, and the life of the patient, may depend : since, if due care be now taken, the disease may be brought to intermit, and soon afterwards be entirely removed ; but, if this opportunity be lost, its violence may be increased, and its duration dangerously protracted.

So much danger to a patient, and alarm to his attendants, will sometimes be produced, by an intermittent suddenly changing into a continued fever, as ought to deter family practitioners from attempting the cure of ague. Another case of alarm and confusion, to which they will be exposed, is the irregularity with which the paroxysm returns. The deviation is frequently such, as will prevent, even the most intelligent, from directly determining, whether the fever is, or is not, an intermittent.

After

After what has been already remarked, it cannot be expected that a full and regular plan of cure should be detailed here. Instead of this, a general idea of the mode of cure shall be given, with a few detached, but, it is hoped, useful observations on the regimen and conduct of the patient.

The virtues of the Peruvian bark, in the cure of agues, are so universally known, that it may have the appearance of an artful caution, to suggest, that any difficulty or danger can arise, from the endeavours to obtain the cure of ague by its means. But every medical man knows, that, with the ague, may exist certain states of the viscera, which, if not corrected, previously to administering the bark, the ague may be, indeed, removed, but other diseases, of a very serious and alarming nature, may be introduced. On the other hand, cases occur very frequently, in which, although the bark be given very early, and in large quantities, the ague continues to harass the constitution for a considerable time ; and, at length, brings on such an enfeebled state of the system, as may terminate in dropsy, and even in death itself.

Agreeable to your request, I shall occasionally point out some few passages in your once favourite book (Buchan's Domestic Medicine), as seem to be likely to be more productive of harm than of good ;

good ; accompanying them with such observations, as may, in my opinion, prevent you, and my other readers, from being lulled into the neglect arising from a false security ; or from being excited to the adoption of rash and dangerous measures. The following passage is certainly not sufficiently guarded, to prevent its being productive of very ill consequences.—“Intermitting fevers, under a proper regimen, will often go off without medicine ; and “when the disease is mild, in an open, dry country, there is seldom any danger from allowing it “to take its course ; but when the patient’s strength “seems to decline, or *the paroxysms are so violent, that “his life is in danger*, medicine ought immediately “to be administered.” *Domestic Medicine*, 11th edit. “p. 149.

The injuries which the strongest constitution suffers, from repeated attacks of agues, are often so considerable, as to produce the worst of consequences. Surely, therefore, much evil may be feared from a passage like this, which is so likely to add to that supineness, with which many are disposed to suffer the ravages of disease. The doctor afterwards says—“When the disease is *very* irregular, or “the symptoms *dangerous*, the patient ought immediately to apply to a physician.” But advice like this cannot but be prejudicial, both to the patient
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and the physician ; for if a patient is not to apply to a physician, until the symptoms are so violent, that his life is brought into danger, the opportunity of obtaining his recovery may be past by : and the fatal termination of the disease will often be imputed to the want of skill, in the attending physician ; when, its cause is only to be found, in the having permitted the tampering with domestic medicine to have produced such effects, as no exertions of art could remove.

The empirical practice of those, who depend on amulets and charms for the cure of this disease, is not of very dangerous tendency ; any farther, than as it tends to place the patient in a state of imaginary security ; which induces him to waste that time, in which he might, by proper means, have gotten rid of the disease. There are, indeed, numerous instances, in which we have reason to suppose, that the force of strong expectation has produced such effects on the system, as have put off the paroxysm, and even cured the disease. There are also several histories of cases related, in which the cure of ague has been produced by sudden and violent affections of the mind : by a similar operation, perhaps, it is, that those remedies act, the taking of which occasions a great degree of horror and disgust ; such is the frequently mentioned remedy of swallowing a large spider, mashed, and
formed

formed into a bolus, or involved in its web. Other remedies recommended by these practitioners are not so innocent, such as a large dose of gin, with the addition of pepper, or the sudden application of cold water to the whole surface of the body. A melancholy instance of the ill effects of the latter practice I once witnessed, in a young man, who had been for some time afflicted with an autumnal quartan : the good woman of the house, having purposely procured his removal out of the bed, suddenly threw over him a pail of cold water : the whole surface of the body directly had its florid hue changed for a livid purple, a considerable oppression of the chest, with other alarming symptoms, directly came on, and, notwithstanding the employment of the most powerful means to save him, he expired in a few hours.

The REGIMEN must necessarily be adapted to the several stages of the disorder. In the cold fit, it is most likely, the patient will not be inclined to take much ; a little barley-water, water gruel, or camomile-tea, for the sake of promoting sickness, will perhaps be all that is necessary. During the hot fit, the drinks may be barley-water, mint-tea, or orgeat ; to which may be added, if the patient wishes it, the juice of lemons or oranges, and a small quantity of the syrup of capillaire : although the sweat is, in general, supposed to be sooner induced,

duced, by these drinks being given slightly warm, yet it is not necessary, that the patient should be entirely debarred, from the luxury of a draught of cold toast and water. When the sweating begins, the drinks I have just enumerated may have a little white wine added to them ; and, if the patient be able to take it, he may have a basin of beef-tea, sago, salop, &c. During the time of intermission, the diet should be as nutritious, as the patient's appetite and digestion may prompt him to adopt.

Every thing which contributes to keep up the natural discharge, by the pores of the skin, and which gives strength and tone to the vessels, is useful in the cure of this disease ; hence exercise must be peculiarly proper, since nothing tends more to produce these beneficial effects. The exercise should be of that kind, to which the patient has been most accustomed ; and taken in the open air, unless wet weather, or damp situation, forbids it. Care must be likewise taken, that it be not used to such a degree, as to occasion much fatigue ; since that, instead of restoring strength, must induce debility.

PREVENTION. Those who are particularly liable to returns of this disease, should endeavour to mend that peculiar state of the system, which is known to produce a disposition to it. This is to be accomplished by avoiding, as much as possible,

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the circumstances above enumerated, under the head of remote causes, and carefully attending to the advice just given, as to regimen and exercise.

INFLAMMATORY FEVER.

THIS fever is very rarely met with, especially in this climate, unless accompanied with the inflammation of some particular part.*

A considerable degree of shivering, and severe pain in the small of the back, are the first symptoms of this fever. These are succeeded by an intense heat of the whole body; the countenance becomes of a deep crimson colour, every vessel appearing turgid with blood; the eyes are red, and suffer much uneasiness from the admission of light; the arteries in the neck and temples throb violently; the pulse is strong, rapid, and full; the skin, tongue, and all the inside of the mouth, are parched; the urine of a very high red colour; and the patient complains of the most insatiable and distressing thirst. He likewise suffers from difficulty of breathing, and a considerable pain and confusion in his head; and tosses about in the bed, from excessive restlessness. A delirious state soon comes on; and,
if,

* Dr. Blane observes, that the continued inflammatory fever is very uncommon in the West-Indies.

if the disease be not opposed by successful means, this symptom becomes so violent, that the exertions of four or five persons will be hardly sufficient to retain the patient in his bed. Soon after this, hic-cough, starting of the tendons, involuntary discharges, and cold, clammy sweats, shew, that nature is nearly exhausted, and the disease invincible.

Fevers which, in the course of a few days, will shew strong marks of their being of the putrid kind, may commence with symptoms so nearly resembling those of the fever just described, as to render it very difficult to distinguish the one from the other. But these diseases differ so much, in their real nature, and in the mode of cure they require, that a mistake would, most probably, be succeeded by the most dreadful consequences.

The cure of this fever is to be obtained by timely bleedings, proportioned to the strength of the patient, and the violence of the disease ; antimonial medicines, given with a careful attention to their doses, and the effects they produce ; the free administration of opening medicines ; and the use of vegetable acids, neutral salts, sudorifics, &c. as the symptoms may indicate. But should even the difficulty of ascertaining the disease be removed, and the malady be exactly known by the family practitioner, he certainly would not dare to attempt
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its removal : when, from his inability, not only of making a proper selection of the means, but of determining also the extent to which they may be employed, the life of his patient might very likely be lost.

REGIMEN. This disease depending on too great an action and fulness of the vessels, it is obvious, we should carefully avoid such things, as may be likely to increase either of these circumstances. The room should be kept cool, by a constant succession of fresh air ; the covering of the patient should not be such, as to allow of the accumulation of the heat of the body. The body should be kept, as nearly as possible, in a state of rest ; and, if the head appears to be disposed to be deranged, the body should be placed, as much as possible, in an erect posture. Animal food, of every kind, must be strictly refrained from, even in the form of broths ; as well as all aromatic, spirituous, and even the weakest fermented liquors. Thirst may be allayed by drinking freely of watery liquors, made pleasantly acid with the juices of lemons, citrons, oranges, currants, &c. for this purpose, barley-water, mint and balm tea, answer very well ; and, for the sake of greater variety, orange-whey, tamarind drink, lemonade, orgeat, and capillaire, may be mentioned, as being well calculated for the same purpose. Oranges, currants, grapes, in fact,
every

every fruit which the season affords, may be allowed ; and, when other fruit is not to be obtained, apples, roasted or boiled, may supply their place.

The chamber should be kept as quiet as possible, and somewhat darkened. The patient should converse no more than is absolutely necessary ; and every circumstance, likely to interest his mind, should carefully be kept from him. If the promoting of sweating be intended, the hands and feet should be frequently bathed, or fomented with warm water.

The present opportunity must not be passed over, of remarking on the evil consequences arising from the neglecting of the physician's orders, with respect to the conduct of the patient, as to his regimen, &c. It is too frequent a practice, as has been before observed, with nurses, and other attendants on the sick, to make such alterations, in this respect, as may reduce the plan recommended, a little nearer to their own ideas ; and it generally happens, that this liberty is taken, even in those diseases, where an attention to these circumstances is most necessary : for there the restrictions proposed are such, as are most likely to meet with opposition from the ignorant. Thus, by a mistaken tenderness, the diet above prescribed, will often be varied, and the life of the patient brought into danger,

ger, by those who think, a patient must soon be starved under such a regimen. But, with the hope of preventing this dangerous interference, it must be here observed, that, in this state, the patient will not only derive no more support from the most nourishing diet, than from that which is here directed, but that he will be rendered, by it, more languid and uncomfortable : for the stomach, participating in disease with the rest of the system, performs its functions very imperfectly ; hence a very small part of this food is digested, and converted into chyle, while the remainder occasions to the patient, the most distressing sensations of anxiety and oppression.

SLOW NERVOUS FEVER.

It is supposed, by some physicians, that the slow nervous fever, and the putrid malignant fever, are the same species of disease : and that the putrescent state of the fluids, discoverable in the latter, is an incidental circumstance ; and therefore, only renders it a variety of the species : whilst others have supposed them to be diseases of entirely different species. But since, from the occurrence of symptoms denoting putridity, a considerable difference is required in the treatment, it is thought proper, without entering into the merits of the question,

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to treat of them separately ; as the more appropriate mode of treatment, in each case, may thereby be more clearly shewn.

The insidious manner in which this disease makes its attacks, is one reason of its so frequently terminating fatally. The first departure from health is so gradual, and the symptoms so ambiguous, that very frequently the patient will have suffered the disease to have made a very considerable progress, before he esteems it necessary to apply for assistance: and often will a discerning physician, when first called in this disease, discover a patient to be in a very alarming condition, who is not suspected, by himself or his attendants, to be in the least degree of danger. If this be duly considered, it must impress the mind of every one, with a conviction of the necessity of immediate application for regular medical help, at the first appearance of those symptoms, which, in the following history of the disease, mark its beginning. If this be done, there is the greatest probability, that the train of dreadful symptoms, which is there described as coming in succession, will be checked in their approach.

THE HISTORY OF THE DISEASE. This disease, in general, begins with extreme listlessness, and unwillingness to move, with a sense of weariness ; indifference to food, nausea, depression of spirits ;
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and frequent flight and irregular chills, alternating with transitory flushes of heat. A dull and heavy pain, with a sense of coldness, possesses the back part of the head, and is accompanied by a slight giddiness ; the disinclination to motion increases, the countenance is shrunk and pale, bearing evident marks of anxiety ; the breathing is performed with some little difficulty, the patient complaining of an oppression on the chest, and a tightness across the pit of the stomach ; frequently sighing, without knowing for what cause. The symptoms generally get worse as evening comes on ; nature obtaining, at night, some slight refreshment, from short slumbers, interrupted by disagreeable dreams. The urine, in this first stage of the disease, is mostly clear and colourless. These symptoms gradually increase for a few days, when the pulse becomes smaller, and at the same time quicker, than natural ; the tongue gets lightly covered with a thin mucous coat, which seems hardly to adhere to it. After the first week is past, the symptoms will, in general, be found much increased ; the sight of food, especially of an animal nature, excites disgust ; the shiverings are less, but the heat is in general more increased, and the cheeks are frequently very much flushed ; the anxiety and inquietude of the patient becomes more intolerable, the giddiness and pain of the head more distressing, light and noise

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Occasioning much uneasiness ; the tongue becomes dry, red, and divided by large chaps : the urine, about this time, frequently deposits a bran-like sediment. The patient obtains no refreshment from his slumbers, which are very much disturbed ; he frequently mutters vague and unconnected sentences ; the hands tremble so, as to prevent his guiding them to his mouth ; the fingers are in constant motion ; the tendons agitated with frequent startings ; the pulsations so small and quick, as with difficulty to be counted ; the tongue trembles ; and is with difficulty put beyond the lips. A profuse sweating in some, and a frequent purging in others, also occur, as the disease advances. If the remedies which have been had recourse to, fail of producing the wished effects, symptoms will soon appear, declaring the near approach of death : these are, a coldness of the extremities, which seem shrunk, and of a pale, and almost livid hue ; the nails appear almost of a blue colour ; the eyes lose their sensibility and lustre, swimming in tears, which now and then trickle down the cheeks ; the stools and urine are voided without the patient's knowledge ; the brain becomes so affected, that all recollection and sense is lost. A constant delirium accompanies this state, but without any efforts of violence ; the deranged state of the mind, however, being sufficiently evident, from a constant mut-

tering of incoherent and scarcely articulated sounds. Convulsive motions affecting the whole frame, or an insensible comatose state generally closing the scene.

But sometimes, even when the greatest part of the above symptoms have come on, and death appears, to a common observer, as the inevitable consequence ; a sudden amendment will take place, produced, either by the happy effects of medicine, or some unexpected, favourable effort of nature. Instances of such recoveries are by no means uncommon ; and render the caution, contained in the following paragraph, absolutely necessary.

When the greater part of the above described appearances, are observed in a patient, the despair, and consequent inactivity, produced in his attendants, however they may be regretted, can by no means be wondered at : the symptoms seeming to shew, that death must soon put an end to the calamities of the unhappy sufferer. So great a degree of despair, indeed, possesses the by-standers, in these distressing cases ; that frequently, when the medical man sees considerable ground of hope, they will, in the strongest terms, condemn all attempts for his recovery, as useless and cruel : since they imagine, that by these supposed vain attempts, his torments are increased, and their duration prolonged. To
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the frequency with which this idea is adopted, may be attributed the death of numbers : for it seldom happens, when this opinion is entertained, that the strongest remonstrances of the physician, can produce the least exertions of the attendants, except, indeed, during the time he is present ; for immediately after his departure, all exertions cease.

It is a circumstance that must have occurred often, to every medical man, that having left a patient, in this, or the putrid fever, with the most earnest entreaties to his attendants, to supply him regularly with medicines, and almost constantly with nourishment, he shall be told, at his next visit, that they have not been able to procure the swallowing of a drop of either : and should he order the experiment to be made before him, it will frequently happen, that the patient will take what is offered to him, not only with ease, but with avidity. Such conduct cannot find a sufficient excuse in misapplied tenderness ; since the consequence, resulting from so culpable an omission, may be the death of one, who otherwise might have been saved : for, in all the long catalogue of diseases to which we are subject, there are none, in which symptoms of so alarming an appearance are to be found, and where so great a possibility of recovery may exist, as in this, and the putrid malignant fever. Instances of recovery, from these diseases,
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have been so really wonderful ; that so long as the patient breathes, his attendants should not devote themselves to despair ; but should persist in their endeavours with unabated assiduity.

Having already given you reason to suppose, that I would not scruple to step out of my way, to give an useful admonition, I shall not apologize for the digression, but point out one of the disadvantages resulting from intemperance. A physician, who is called to a patient afflicted with this or the putrid fever, will not fail to make enquiry respecting his former mode of living ; since on the answer he obtains, his prognostic of the event of the disease will considerably depend : for, should the patient have unhappily devoted himself, to habits of debauchery, and intoxication, there will be greater reason to apprehend a fatal termination of the disease.

To attempt to furnish the domestic practitioner, with information sufficient, to enable him to undertake the cure of this fever, would be fruitless ; since it would be certainly safer, to omit medicine entirely ; than to entrust the management of the patient, in so dangerous a malady, to any but those, who are enabled, by their knowledge of the human frame, and of the diseases to which it is subject, to distinguish critical and salutary changes, from those which are of a contrary tendency.

So general is an aversion to medicine, and so great is its sway over weak minds ; that every circumstance, which tends to support its tyranny, ought to be opposed : since it is not to be doubted, that many have lost their lives, rather than mortify their taste, or give up prejudices, which would appear ridiculous even in a child. Dr. Buchan, whilst treating of the nervous fever, says, “Though blisters, and the use of cordial liquors, are *the chief things to be depended on*, in this kind of fever ; yet, *for those who may choose to use them*, we shall mention one or two of the forms of medicine, which are commonly prescribed in it.” Now it is very reasonable to suppose, that many, who are guided by those strong aversions and prejudices, which I have just mentioned ; if attacked with the disease we are treating of, would eagerly catch at this authority, and refuse to make use of any thing, but *blisters and cordial liquors ; they being, they would say, the chief things to be depended on, in this kind of fever ; leaving other remedies for those who may choose to use them.* The very great attention, which has been, of late years, paid to this fever, has rendered the practice of physicians, of these days, exceedingly successful ; so much so, that the case must be attended by extraordinarily dangerous circumstances, to prevent a cure being accomplished ; even if the patient have but a small degree of strength left.

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But, notwithstanding this, the best informed physicians know, that the various distressing symptoms which occur, oblige them to have recourse to several powerful, and useful articles of the *materia medica*.

The **REGIMEN**. After the stomach and bowels have been cleared, the patient may be supplied with food of a light and nutrient kind ; such as sago, rice gruel, panada, and salop, according as his inclination may dictate. Good white wine may be added to these, as may be indicated by the state of the pulse, and degree of languor ; and, for the sake of variety, he may be allowed to drink of red wine negus, bottled cyder, perry, and particularly, if the patient entertains a desire for it, porter. Animal food should be avoided ; unless the patient is anxious for it, when it will seldom do harm. But when the patient regains a desire for food, it will be best to begin with puddings of various kinds, shell fish, &c. resuming his usual diet gradually, as he finds his health return.

PUTRID MALIGNANT FEVER.

THE effluvia arising from the human body, accumulated, and long retained in the cloathing, &c. and the effluvia arising from the bodies of those labouring

labouring under this disease, are allowed to be the most usual causes of this fever.

The SYMPTOMS. This fever sometimes comes on with a great degree of rapidity ; but most frequently it attacks in the same slow and insidious manner, as was remarked to be the case, with the slow nervous fever, just described. The shiverings, with which it in general commences, are, in some cases very slight and transitory ; in others, they are very violent. The shivering is succeeded by febrile heat ; with pain in the head, loins, and, for the most part, also in the limbs ; the dejection of spirits, as well as the loss of power in the whole nervous system, is particularly observable. The pulse is small, hard, and quick. Nausea and vomiting, are, also, among the symptoms which appear at the commencement of this fever. The eyes soon have their lustre diminished ; their glassy part appearing dull, and that part which is termed the white of the eye, becoming of a yellow hue, blended with red. The patient's breathing becomes laborious ; and interrupted by frequent, deep, involuntary sighings : and the cheeks assume a deep crimson, approaching to a purple. As the disease advances, the pulse increases in quickness, but loses its hardness. The heat increases ; so as to give a very uneasy and lasting sensation of heat, to the fingers of any one, who applies them to the skin of
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the patient. Small red spots appear on the skin, resembling those remaining after the bites of fleas. The tongue gets exceedingly dry, and is, in general, covered with a hard rough coat, of a dark brown colour ; the gums, and part of the teeth, are coated with a similar covering. At length, if the remedies used, do not prove sufficient for the removal of the disease, the pulsations of the arteries are reduced to indistinct, tremulous vibrations ; the spots in the skin increase in number, and change their colour to a livid or dark purple. The patient constantly employs his trembling fingers, as though engaged in picking flecks off the bed-clothes, or, as in pursuit of some insect : this he continues, until a state of sleepiness succeeds to that of delirium ; which soon terminates in so lethargic a state, that the patient can hardly be roused, by the utmost endeavours of the attendants. Discharges of blood from the nostrils, mouth, kidneys, &c. sometimes happen just before the death of the patient ; which is generally preceded, also, by convulsive motions of the whole frame.

The urine, through the whole of the disease, differs much in its appearance. The stools vary much, in different subjects, as to their frequency : in general, there exists a costive state of the bowels, in the first days of the fever ; and a fatiguing and depressing purging, towards the close. Sweating, which

which, in general, is obtained with great difficulty, in the early part of the fever ; often comes on very profusely, after the first eight or ten days ; when it is sometimes critical, and denotes a favourable termination of the fever : but sometimes it is merely a consequence of the debilitated state of the system, which, in that case, it invariably increases.

When the scene is contemplated, which has been just described ; the propriety of not offering, in a publication of this kind, to deliver a plan of cure, must be so obvious ; as to render it unnecessary to offer any other reasons, than those which were given, when treating of fevers in general.

When doubt and alarm are excited, by such a variety of distressing symptoms, the friends of the patient must possess, more than usual hardiness, to venture to assume the office of the physician. But, unfortunately, there are many persons, who, although they will not depend on their own judgment, in proposing a mode of cure, will submit, at the recommendation of some ignorant, but well meaning friend, to use such remedies, with boldness, which a person, properly informed, would use with the utmost timidity. Thus, bleeding is often had recourse to, immediately on the appearance of fever, it being the popular opinion, that bleeding is the most effectual means of removing

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that disease ; whereas, the fact is, that there is not one case of fever in a hundred, that will admit of this evacuation. Cases of this, and of the preceding fever, in which it is proper, are very rare indeed. The mischiefs, which succeed to its being improperly had recourse to, in these fevers, are, in general, so great ; that no exertions, however skilful and vigorous, prove sufficient, afterwards, to save the life of the patient.

Dr. James's Powder and Emetic Tartar are medicines, which are, almost always, employed, by family practitioners, in their attempts to remove fevers. But the operations of these, and of other antimonial medicines, are, in general, so violent, as to require the utmost caution in administering them. Not only is it necessary, that their doses should be exactly adapted ; but also, that a strict attention should be paid, at the same time, to various other circumstances, to secure their beneficial effects. When, in addition to these considerations, it is recollected, that debility of the system is that state, which most certainly renders this disease fatal, the assertion must obtain belief, that the ignorant employment of remedies, so powerfully debilitating, must be accompanied with the greatest degree of danger. The celebrated Dr. Goldsmith lost his life, by the imprudent administration of Dr. James's Powder, as was clearly proved in the account of his
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his illness, published by his worthy medical attendant, Dr. Hawes. Numerous other instances might be adduced, of mischiefs succeeding the employment of this, and similar medicines, by domestic practitioners.

Another dangerous mode of treatment, which is frequently adopted in families, on the first appearance of fever, is ; that of confining the patient to his bed, under a great load of bed-clothes, in a close, heated chamber ; and plying him, profusely, with hot and spirituous drinks, for the purpose of forcing out perspiration. But this effect seldom follows the use of these means ; but, on the contrary, the consequences of thus increasing, that heat, which already exists in a morbid degree, will be found to be ; the augmenting of the parched state of the skin, and still more rigidly closing its pores ; whilst the vigour of the system, is, at the same time exhausted, by this accumulation of irritating circumstances.

REGIMEN, AND MANAGEMENT OF THE PATIENT. Previously to delivering the advice which may be thought proper on this head, it is necessary to observe, that so much depends on the care and vigilance of the attendants, that no ordinary nurse ought to be trusted with this office ; unless the physician is exceedingly exact and decisive, in his orders

orders ; and the friends of the patient equally careful in seeing, that his directions are literally obeyed.

Whilst endeavouring to obtain the cure of this fever, the physician will be anxious to support the strength of the patient, and to oppose the tendency to putrescency, which takes place in the system. To assist in the accomplishing of these intentions, is the office of the nurse ; and of those, who take on themselves the kind, and important task, of tending the sick : and is only to be executed, with advantage to the patient, by paying a strict attention to the following points : the due administration of nourishment and medicines ; the free admission of fresh air ; the preventing of the accumulation of putrid effluvia ; and the careful use of such means, as may be directed, for the alleviation of particular symptoms.

With respect to nourishment ; it should not only be light and easy of digestion, but it should also be of an antiseptic nature. It may, therefore, be composed of sago, salop, panada, &c. to which may be added, wine, in a quantity proportioned to the state of the patient. A glass of pure wine, such as is most agreeable to his palate, may be also frequently allowed ; in which may be dipped a piece of toast or biscuit. Where it is thought proper to trust more to their antiseptic, than to their

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their cordial properties, wines made from fruit of our own growth, are preferable ; such as wine made from currants, which contain a greater proportion of the vegetable acid, or, at least, in a less involved state, than is to be found in the foreign wines. Cyder and perry, especially if bottled, are exceedingly beneficial. But if, as is frequently the case, nature requires the free use of cordials ; none are so salutary as claret, hock, or even the more generous wines, such as port, sherry, or Madeira. Where the circumstances of the patient prevent his obtaining any of these, in the quantity required, bottled ale, or porter, will prove very useful substitutes. Nothing will be more serviceable, in correcting the state of the fluids, than the free use of ripe and fresh-gathered fruits ; of these, the most preferable are currants, mulberries, oranges, strawberries, grapes, and raspberries. When these cannot be had, their place may be supplied, by those fruits which may be in season ; or which allow of being preserved some time, as apples, pears, &c. and if these cannot be obtained, recourse must be had to dried fruits and jellies, or marmalade, made by boiling the juices, or pulps of fruits with sugar. Jelly, made of isinglass or hartshorn shavings, is very useful ; being a very proper vehicle for the wine and acids ; and conveying nourishment, at the same time, into the system. Beef-tea,
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or broths, when ordered, should be made strong of the meat ; but carefully cleared from every particle of fat. The drinks, which may consist of apple-liquor, wine negus, barley-water, &c. should be given cold, and impregnated with the juice of lemons, oranges, or citrons. Instead of common water, Seltzer water should be used, for all the drinks, which are prepared without heat. When the disease is nearly gone off, and the stomach appears to be regaining its powers, of digesting and assimilating the aliment it receives ; beef-tea, and broths made of different animal substances, should be given more freely, and even solid animal food, may be permitted : especially if the patient anxiously request it : since it very seldom happens, that any ill consequence follows, from indulging the patient in those desires : besides, that the vexation and disappointment, consequent to the refusal, might not be without injurious effects.

During the violence of the febrile heat, the patient should be allowed the indulgence of cold spring water, for his drink ; and may frequently be refreshed, by wiping his face, hands, and arms, with cloths dipped in cold water, to which a little vinegar has been added. This recommendation, of the application of cold water to the surface of the body, may not seem to accord with the case I
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related, when treating of ague, of a young man, who was killed by having a pailful of cold water thrown over him. But this poor fellow, worn down by a quartan ague, had been endeavouring, during the shivering fit, to excite some heat, by hovering over the fire; and had just retired to his bed, still shivering, when the unfortunate affusion took place. But, in fever, Dr. Currie, physician to the Infirmary of Liverpool, has shewn, that cold water may be poured over the naked body, not only without injury, but with considerable benefit; but this must be done, where circumstances are widely different, from those which existed in this case:—the strength should not be greatly reduced; the heat should be steadily above the temperature of health; and no sense of chilliness should be present. The practice, successfully employed by Dr. Currie, is not, however, to be adopted, without due information: the rules just mentioned, may, however, be of some advantage in directing the use of cold water, as a drink, &c.

Before I conclude these instructions, on the article of regimen, it is necessary to add, with respect to the use of wine, that, although it be absolutely necessary during the continuance of this fever; and that, in such quantities, as to render it surprising how considerable a portion may be taken, without producing any of those effects, which would

would have proceeded from even a much less quantity, if taken by the same person, when in health : yet, as soon as the fever has left the patient, much caution becomes necessary in the use of it ; since very disagreeable circumstances may follow, from too free use of it at this time. Several instances have been seen, where patients just recovered from this fever, during which they had swallowed, with salutary effects, considerable quantities of wine, have, upon drinking only a few glasses during their convalescent state, experienced the return of a considerable degree of febrile heat, and even of delirium : nor, have these consequences been either soon or easily removed. For although, during the disordered state of the system, accompanying the fever, the patient be able to bear a much greater quantity of wine, than when in perfect health ; yet, when the fever entirely ceases, the wine, not only affects him as before ; but seems to have become capable of producing injurious consequences, in proportion to the degree of debility induced.

For the sake of preventing the accumulation of putrid vapours about the patient, great attention should be paid to the ventilation of the room, and to the frequent changing of the bed clothes. The patient should not be confined to one room, but be removed from one to another : that which he
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has left, having the windows and doors all thrown open, for the free passage of the air ; the floors wiped with cloths, dipped in vinegar ; and such of the bed-clothes, as are not changed, exposed to the current of air ; since, by their known capacity for retaining effluvia, they may become so loaded with contagious and putrid matter, as to prove infectious to the attendants, and perhaps to impede the recovery of the patient. The apartment may be frequently sprinkled with rose-water, or vinegar, and filled with the odours of strong smelling plants. The sick person, in some cases, should be kept out of bed as much as possible ; and placed so, as to face the current of air ; the body being defended sufficiently by the clothing, to prevent any inconvenience being experienced ; but not so much so, as to heat the patient. It must be allowed, that this practice is not admissible, in every case of putrid fever ; since circumstances may arise, which will render it highly improper : these circumstances, depending on various combinations, of the season of the year, weather, constitution of the patient, &c. will be discovered and pointed out by the physician. But there is much less reason to fear, that this practice will be too frequently adopted ; than that it will be neglected, in those cases in which it is recommended. For, too often, in this point, are the wishes of the physician opposed, and his

directions disobeyed : the languor of the patient, and his unwillingness to be moved, with the prejudices against a practice so novel, forming, very often, almost insuperable obstacles. Indeed, it is very difficult to persuade those, who have not witnessed the effects resulting from this mode of practice, that it is not necessary, for every person in a fever to be kept closely confined to his bed, under a load of bed-clothes, and supplied with heating drinks. It frequently happens, therefore, that no sooner has a physician left the room ; than the patient is supplied with warm liquors, the windows and curtains are closed, and the bed-clothes, which had been removed, are replaced. Such opposition to the directions of a physician, viewed in the most favourable light, is highly censurable : its being, in a great measure, the effect of ignorance, is all that prevents it from being really criminal.

Among the symptoms which occur in this fever, no one requires more care and management, than the delirium, which, in general, accompanies the disease, almost through its whole course. During this delirious state, the patient is agitated with vague and irregular exertions, both of body and mind ; which must necessarily, in proportion to their frequency, and length of continuance, exhaust the vital powers. To lessen these exertions, should be the task of some discerning and intelligent attendant ;

tendant ; who should gently repress the patient's efforts, and soothe his anxiety.

Dr. Blane, in his observations on this fever, has some remarks on delirium, which, from their extreme utility, and from their being only to be found in a publication, not likely to be read but by professional men, I shall introduce here ; with the hope of more widely extending the comforts, which they were meant to procure, to the unfortunate victims of this disease. "Delirium," he says, "seems chiefly to consist in a false reference of our sensations, whether external or internal : and "this is, in no sort of fever more evident, than in "this. When any painful impression, for instance, "is made by an external body, the patient, if in a "state of delirium, does not refer it justly to the "part affected ; but the general agitation, and incoherence of sentiments, will be aggravated for "the time. I have known a degree of heat applied "to the extremities, sufficient to blister them ; yet "the part did not shrink, though the raving and "general uneasiness were increased. In like manner, with regard to internal sensations, when an "irritation is excited, to expel the urine, or *feces*, "the mind does not recognise it as such, but from "a sense of uneasiness, probably mistaken for something else, an effort is made to relieve nature, which

“which is done without a proper consciousness,
 “and certain symptoms are produced, which are
 “well known marks of danger in this fever. In
 “watching those, who have been under the in-
 “fluence of delirium, I have observed it increase,
 “when any particular want of nature urged ; and
 “this would continue for some time, the patient
 “being incapable of procuring himself immediate
 “relief, on account of the false reference of sensa-
 “tion, that has been mentioned ; but he would
 “become calm after voiding the urine or *fæces*, or
 “after receiving something to drink, according to
 “the particular want that was present at the
 “time.”*——“Delirium is one of the most con-
 “stant and alarming symptoms in this disease, and
 “the removing of it depends much upon the attend-
 “ants, as well as the physician.——I have seen a
 “temporary stop put to the patient’s raving, by
 “making him drink, or upon his discharging
 “his urine or *fæces* ; for he is then unconscious
 “of thirst and other natural wants, is therefore
 “ignorant of the means of satisfying them ; and
 “when he does so, he fancies he is about something
 “else, which is the subject of his delirious thoughts.
 “This observation leads to a material practical
 “purpose ; for it follows from it, that unremitting
 “attention should be given to the patient’s feel-
 ings,

* Observations on the Diseases of Seamen, by Gilbert Blane,
 M. D. p. 374.

“ings, and all his possible wants, as those natural
“notices, and instinctive cravings, which occur in
“health, are now wanting, in consequence of the
“depraved state of sensation.”*

It was remarked before, when treating of the
flow nervous fever, that, on the appearance of those
symptoms, which are, in general, supposed to be
the harbingers of death ; despair takes such strong
possession of the minds of the attendants, that it is
with the utmost difficulty the physician obtains
those exertions, which may possibly save the life of
the patient ; and which, being omitted, he well
knows, his death will be inevitable. The caution
given there, is equally proper in this place ; since
it too often happens in this fever, as well as in the
former, that patients are lost for want of being,
almost momentarily, supplied, with cordial and
nourishing drinks : this omission proceeding from
the attendants supposing these exertions to be use-
less, and even cruel. Another reason, often given
by those, who have neglected to make use of the
necessary means, is, the patient's incapability of
swallowing : when, perhaps, if the physician him-
self should make the trial, he would experience very
little difficulty, in getting him to swallow a consid-
erable quantity. To ascertain the cause of this
difference

* Observations on the Diseases of Seamen, by Gilbert Blanc,
M. D. p. 398.

difference of success, in the different attempts of the nurse and the physician ; and to point out the proper method to be used in these situations, will be at least proper to attempt.

In the advanced periods of these fevers, the brain, and whole nervous system, are in so deranged a state ; that a slight stimulous seldom excites the corresponding idea, which it was used to produce in health ; and, frequently occasions no impression at all. When a patient is in this state, the merely emptying a spoonful of liquor into the mouth, is not sufficient to excite those muscles into action, by which the act of swallowing is performed ; the liquid, therefore, remains in the mouth, until it escapes out at the corner of the lips ; or else, from a drop insinuating itself into the windpipe, the whole quantity, from the violence and suddenness of the irritation, is thrown forcibly out at the mouth and nostrils. The appearances, in either of these cases, seem, at first sight, to warrant the conclusion which is generally drawn from them, that the patient has totally lost the power of swallowing : but, if the patient be so much aroused from this delirious, or comatose state, as to be apprized of the nature and intention of the endeavours that are making, he will generally be found ready enough to assist them. After rousing him, by gently shaking,

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ing, speaking to him, raising him in the bed, &c. a spoon, filled with the liquor, that is intended to be given him, should be put to his mouth; moving it about against the tongue, lips, and sides of the mouth, until he is discovered to have swallowed the few drops that have fallen from the spoon. It now appearing, that the muscles serving to deglutition, are capable of performing their office, the whole quantity is to be poured into the mouth, and followed by as much more as may be thought necessary; since, after having been thus roused into action, it will be some little time, before they relapse into their previous state of insensibility.

Another circumstance also occurs, in the comatose state of these fevers, from which the nurses are too likely to form a prognostic, which must necessarily confirm them in their despondency; but this symptom frequently is to be seen, without bearing that fatal import, which is commonly supposed. Where death comes on slowly, and the natural actions stop gradually, some little time before life ceases, the mucus or phlegm collects in the back part of the fauces, from the insensibility and loss of power in those parts, which, in health, serve to expel it; and, by occasioning an interruption to the passage of the air, in inspiration and expiration, a rattling noise is produced, which is termed,

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by the nurses, *the rattles*. Whenever, therefore, this accumulation of phlegm, and consequent rattling, takes place, in any case, where the disease has continued for a little time; the good women, expecting that death will soon follow, resolutely oppose the making of any attempts for the recovery of the patient, or the support of his strength. But, in the advanced periods of these fevers, this symptom may frequently appear, without being accompanied by that degree of danger, which is in general supposed: for a considerable quantity of mucus is secreted, at this time, by the glands, which are placed about the back part of the fauces; and is there gradually collected, in consequence of the patient, from the disordered state of his brain, not experiencing any inconvenience from it; and, therefore, employing no efforts for its removal.

The mucus thus accumulated, and rendered exceedingly tenacious, by the increased evaporation, from the patient's breathing with his mouth open; by obstructing, and almost closing the passage, produces the effect above mentioned. At the same time, in consequence of this mode of breathing, the teeth, gums, and tongue become dry; appearing as if covered with a dry, hard, and black varnish, and seem to denote immediate dissolution. But it frequently happens, that if, instead of abandoning

doing the patient in despair ; the necessary exertions are made, the patient is raised and supported in his bed, the mouth and throat constantly moistened by nourishing and cordial drinks, these symptoms will soon disappear, and the patient probably recover.

PREVENTION. The necessity of constantly ventilating the chamber of the sick, and of filling it with the fumes of vinegar, &c. to expedite the cure of the patient, has been already stated. But, it is necessary to be more particular on this head ; since, by the proper management of such means, the spreading of the infection to the attendants, the rest of the family, and even the neighbourhood, can alone be prevented.

By the ingenious and assiduous enquiries of modern physicians, we have obtained considerable information, as to the nature of the contagion, which produces fever. They have even traced it to the sources, whence it arises ; and have discovered it in the *miasma*, or vapour rising from foul and stagnant waters, and from marshy lands ; in the *effluvia* from an healthy body, which has been suffered to accumulate in foul clothing, and close apartments ; and the effluvia arising from the body of one affected with fever.

It has been ascertained, by a variety of experiments,

I. That various substances may become imbued with these *effluvia*, and retain them for a considerable time.

II. That these *effluvia*, suffered to remain long at rest, in such substances; not only retain their noxious powers unimpaired, but seem to possess an higher degree of virulence, and more active powers, than those which arise immediately from an human body.

III. That the sphere of action of these *effluvia* extends, but to a small distance from the body, whence they arise; or from the substance, in which they are contained.

IV. That their power of communicating infection, is lessened, in proportion, as they are diffused through the atmosphere.

V. That the space of time is very different, according to different circumstances, in which infection manifests its presence, by any evident changes produced in the system: these changes sometimes immediately following its introduction; whilst, in other cases, ten days or a fortnight will elapse, before its effects are discoverable.

VI. That infection, like some other poisons, does not affect those who are accustomed to it ; especially, if it be gradually applied. Hence those about whom the poison is generated, may be less susceptible of injury from its influence : and physicians and nurses escape, while the visitors of the sick, become infected.

VII. That cold, which, in general, has been thought to have produced different effects, contributes to the increase of infection.

I am convinced, that, when you consider the dangers, to which the justly celebrated physicians must have exposed themselves, who have established these facts, by experiments, and accurate observations ; you will readily allow, that the world is highly indebted to them, for their enthusiastic exertions in the cause of humanity ; and will, perhaps, feel, with me, a considerable regret, that any motive should induce an intelligent physician, to whom all this is known, to assert, in a popular work, that “very few of the valuable discoveries “in medicine, have been made by physicians : they “have, in general, been the effect of chance, or “of necessity, and have been *usually opposed by the* “*faculty,* ’till every one else was convinced of their “importance.”

Domestic Medicine. Introd. p. xxii.

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Such an accusation as this, unsupported by a tittle of evidence, cannot require a defence to be set up against it ; however much, it may merit a severe comment.

But to return to that, which is of much more consequence.—We were remarking, that cold contributes to the increase of infection. The importance of this observation to every family, and its contradicting the generally received opinion, demands, that the arguments advanced in its favour, by Dr. Blane, should appear in his own words.—“Cold is favourable to infection, by preventing
“ventilation ; for people exclude the air, in order
“to keep themselves warm ; and the poor, in particular, do so, on account of their bad clothing,
“and their not being able to afford fuel, to make
“good fires. Heat is the great destroyer of infection,
“and seems to act by evaporating, and thereby
“dissipating it ; and the effect of fires in apartments, is to produce a constant change of air ;
“thereby preventing its stagnation and corruption,
“and the accumulation of unwholesome effluvia.”*

To lessen the probability of the contagion being disseminated, all unnecessary intercourse with the sick, should be avoided : and in addition to the means already proposed, for correcting the air of
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* Observations on the Diseases of Seamen, by Gilbert Blane, M. D. p. 250.

the apartments, the mode recommended by Dr. James Carmichael Smyth, for obtaining the nitrous or marine acid, in a state of vapour, may be employed. It consists in decomposing nitre, or common salt, by means of heated vitriolic acid, which may be done, as follows.—Put half an ounce of vitriolic acid, into a glass, or china cup, or deep faucer; warm it, by placing it in heated sand, adding to it, from time to time, some common salt. By a similar process, as suggested by Mr. W. Blizard, Surgeon of the London Hospital, “the *kali acetatum* (diuretic salt, of the shops) being added “to the vitriolic acid, the acetous acid becomes “instantly separated from its alkaline basis, and “presents itself, pungent, and refreshing, in a degree even beyond the fossil acids.” *

The necessity of an attention to these admonitions, may be rendered, perhaps, more evident, by considering; that the effluvia exhaled from one person, during the night, will, in general, be found to be very pungent and disgusting, to any other person, who may enter his bed-room; whilst the person, from whom they may have arisen, will hardly be sensible of any particular odour. The same is to be observed of clothing; since the smell proceeding from foul clothing, is often extremely

* Suggestions for the improvement of Hospitals, and other charitable Institutions, p. 54.

ly offensive to others, whilst the wearer of them does not experience the least inconvenience. The organs of smell, in the person who generates these effluvia, being as little susceptible of impression from their sensible properties ; as his system may be, from any peculiar virulence, they may possess. Hence, much mischief may arise ; since a person may thus carry about with him, a matter not only highly offensive to others ; but, perhaps, possessing properties very dangerous to any other person, who may come within the sphere of its action : whilst he is himself unconscious of its possessing either of these active powers.

Another caution, not in general sufficiently attended to ; is to properly ventilate, and fumigate, the clothes, which had been worn by the patient, in the early days of the disease ; and which, being most probably the same which were worn, at the time when he was exposed to the influence of the contagious matter, may still retain a sufficient quantity of the poison to communicate the disease.

Great care is necessary, in the management of the patient, even after the total removal of the fever. He will be now left in such a state of debility, that the slightest exertions may prove too much for him : even the congratulations of his rejoicing friends must be restrained ; and great
care

care be taken, that he be not exhausted, by conversations with repeated visitors. The food, which his returning appetite demands, perhaps with avidity, should be given in small quantities, and frequently : and the quantity of his wine, as already mentioned, should be considerably diminished. Exercise should be adopted, with the greatest care ; lest too much fatigue be induced. Some caution, also, must be employed, as to the exposure to the air, in guarding against the cold, by proper clothing ; particularly, by the use of flannel next the skin. Removal into the country, is generally recommended to the convalescent ; but particular care is necessary, that he be not immediately sent to a situation, in which the air is much colder, than that from which he is removed ; lest an inflammation of the intestines, or lungs, be induced.

Should any one have reason to suppose, he has received the infection of this fever, from the appearance of those symptoms, which mark its commencement ; and particularly, from a disagreeable sense of sinking and uneasiness at the pit of the stomach ; it will be advisable, as soon as possible, to cleanse the stomach by an emetic, and to gently open the bowels ; immediately after which, sweating may be promoted, by freely drinking white
wine

wine whey. Should these means not prove sufficient, a blister may be applied to the nape of the neck ;—or rather, if these fail, immediate application should be made, for the advice of the intelligent and experienced physician.

By the late discoveries respecting the constituent principles of atmospheric air, physicians have been enabled to establish certain principles, on which they can proceed with greater confidence, in the treatment of this, and many other diseases. A knowledge of these discoveries, and of their application by the healing art, cannot but be a pleasing and interesting acquisition to any one ; but it is more,—it is a branch of science, which should be generally known. The friends of the sick, possessed of this knowledge, and consequently apprised of the principles, on which the physician proceeds to obtain a cure, can then more powerfully aid his endeavours : nor is this all—they also gain a knowledge of the principles, on which they ought to proceed, for the preservation of their own health. The Medical Extracts of Dr. Thornton communicate this information, in a most pleasing manner. Medical men wish not for ignorance, either in their patient, or his friends : they know, that whilst exercising the duties of their profession, the knowledge of the first principles of medical science, will
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always yield them the strongest aid ; whilst ignorance will best provide the prey of the rapacious empiric.

I have given a slight sketch of the principles, on which airs of different purity are employed in different diseases, whilst treating of Consumption. I shall therefore, here, only introduce the evidence of the ingenious Rev. JOSEPH TOWNSEND, author of the Guide to Health, &c. as to the use of vital air in this disease. "In my putrid fever, whenever the air of my chamber was artificially *oxygenated*, as my physician, Dr. Thornton, often witnessed, my respiration was pleasant, my oppression at my chest relieved, and I was enabled to breathe freely through the nostrils, without the assistance of my mouth, which I could not do before the room was oxygenated. At the same time, I am convinced that my appetite was greatly increased, my occasional sleeps rendered sound and undisturbed, and my digestion considerably quickened."

On account of the comfort it must yield to parents, to learn that infants are not so liable to fevers as adults, I shall close these remarks on this fever, with the opinion of Dr. Underwood on this subject.

The Doctor has observed, for many years, as well in the hospital, as in private practice, that in-

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fants do not readily take common fevers, though exposed, for a long time, to that contagion, which has appeared to affect adults around them. He also observes, that every physician attending lying-in hospitals, must not only have known many infants suckled, without injury, through the whole stage of bad fevers, from which mothers have recovered; but also, in other instances, sucking greedily within an hour or two of their mother's death.

REMITTING FEVER.

SUCH fevers, as suffer irregular abatements, or remissions, of their violence, are termed Remitting Fevers. Remitting fevers hold a middle place, between continual and intermittent fevers. Continued fevers, in changing to intermittents, in general, take on the appearance of a remittent, before they clearly intermit. Intermittents, also, which are becoming continued fevers, have irregular remissions, in the place of those clear intermissions, which before characterised them.

This, like other fevers, commences with a coldness and shivering; accompanied by violent pains in the head, and back; great dejection of spirits, loss of strength, and frequently a considerable difficulty of breathing. Sickness at the stomach, giddiness,

dinefs, and frequent hiccups, fhew that the firft paffages are charged with offensive matters. The cold ftage is fucceeded by a confiderable degree of heat ; the pulse, which in the cold fit was fmall and quick, becomes fuller, but abates not of its quicknefs. The pain of the head and back increafe; and the naufea is augmented, until it terminates in copious vomitings of bile ; difcharges of bile, by ftool, alfo often take place. Thefe fymptoms continuing fome time, the fkin, which had hitherto been dry and hot, becomes moiftened with fweat ; which fometimes flows very freely. Soon after this, the fymptoms abate, fome ceafing entirely, whilft others are much leffened ; the patient flattering himfelf with the hopes of health fpeedily returning ; but thefe pleafing illufions, are foon diffipated, by a return of the paroxyfm ; which comes on with increafed violence. The diforder proceeds thus, the paroxyfms alternating with the remiffions, until the remiffions, which leffen each time, are, at laft, entirely loft ; the fever affuming a continued form. The difcharges now become very offensive ; a constant delirium and reftleffnefs takes place ; and, if the fever be not oppofed by means fufficiently powerful, ftartings of the tendons, profufe clammy fweats, and convulfions, come on ; which foon terminate in the death of the patient.

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In the cure of this fever, one important indication is, the removal of the accumulated bile ; but the same motives, which have forbidden, the detailing of the mode of cure, in the other species of fever, prevent its admission, in the present instance. In this disease, the most vigilant attention is required ; nor will this be sufficient, unless united to skill and experience.

Early, regular assistance should be procured, indeed, in every case of fever ; but, in no case, is the watchful eye of the physician more necessary, than in this : for if he be called early in the disease, and discover the nature of the fever, which is, in general, sufficiently apparent to the experienced ; he, by timely and well adapted evacuations, will remove that accumulation of sordid matter, in the first passages ; which, in the course of the disease, would be likely to occasion much trouble and danger. As the disease proceeds, he will be enabled to ascertain the critical moment, when he may venture on the free use of the bark ; the omission of which, might, most probably, occasion the loss of the patient : or, if used incautiously, would render every symptom more violent ; and the disease, of course, less likely to be removed. Should such circumstances occur, as may seem to forbid the use of this valuable medicine ; the intelligent physician

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will often be enabled, by a due attention to the rules of his art, to effect those necessary changes, which will render the employment of it safe and beneficial.

Languor, nausea, giddiness, and disinclination to motion, often precede, for some days, the shivering, which introduces this fever. At this juncture, the administering of an emetic ; and some gentle medicine, to produce a discharge from the bowels, would probably prevent the coming on of the fever ; especially, if succeeded by a proper use of the bark.

By a regard to the rules, already laid down, the attendants on the sick, may derive sufficient instructions for their conduct in the progress of this fever.

HECTIC FEVER.

IN hectic fever, there are two evident exacerbations, in every twenty-four hours : one of these happens about noon, and continues the greater part of the afternoon, then suffers a slight remission ; as evening comes on, a fresh exacerbation takes place, which continues until after midnight ; another remission taking place about two or three o'clock in the morning, about which time, or, in general,

general, later, a profuse sweating also frequently comes on. During the feverish state, an excessive heat is felt, in the palms of the hands, and the soles of the feet. The urine is, in general, of a high colour, and deposits a bran-like sediment ; but of a reddish hue. This fever is generally supposed to exist only as a symptom of some other disease, and as a consequence of the injury of some particular part. It most frequently occurs, when a collection of matter has taken place.

Since hectic fever is not a primary disease, I should not have treated of it separately, if I had preferred an attention to the rules of arrangement, to the important point of calling the attention particularly, to that state I have just described ; which never exists without danger ; and which is often to be found, where it has not excited the least alarm.

Wherever this disease is met with, there may it be expected, that the system is harrassed by some local affection, of a dangerous tendency ; and if proper medical help has not been yet obtained, no time should be lost, before application is made to some one, to whom study and practice have given acuteness, in discovering the difference of diseases, as well as a knowledge of the most judicious modes of treatment.

INFLAMMATION.

INFLAMMATION.

INFLAMMATION, unless very trifling, is preceded by a sense of coldness, and by shivering : to these succeed an increase of the heat of the whole body, oppression, and thirst : the pulse becoming full, hard, and quick ; and the urine high coloured. A sensation of fulness and tension, with a preternatural sensibility, is experienced in the part, which is the seat of the inflammation ; with a degree of heat, proportioned to the degree of the disease ; and a pulsatile, or throbbing pain, which is more or less violent, in some cases, than in others : the difference depending, in a great measure, on the structure of the affected part. The blood vessels, as far as the inflammation extends, are distended with blood : and those vessels appear to be filled with red blood, which, in a natural state, do not appear to receive it at all.

The blood, which is taken away in these diseases, is, when immediately drawn, of a dark colour ; and in a more fluid state, than that which is taken away in health, or in those diseases where inflammation does not exist ; whilst coagulating, its surface is mottled with waves of a purplish hue ; but as soon as the coagulation has taken place, the surface of the coagulated part becomes covered with

a buff crust : but this appearance is not constant ; since, though it might otherwise shew itself, it may be prevented, by certain circumstances in the taking it from the vein, in the receiving it in the vessel, &c.

Inflammation may terminate either by dispersion, suppuration, or mortification.

- Resolution, or dispersion, is said to take place, when the cure is performed, while the texture of the part remains entire. This termination may be expected, when the disease is slight, and when proper means have been had recourse to, in the early part of the disease.

If the disease be violent, or should it not be opposed by means, sufficiently powerful ; the pulsatile or throbbing pain increases, with the other symptoms, until suppuration, or the formation of matter, takes place. This is known by the pain, heat, and redness abating : and, at length, by the discovery of a fluctuation of a fluid, in the diseased part.

But should the disease have existed a considerable time ; and, instead of yielding any of those appearances, from which we might conclude that suppuration was about to take place ; the pain, heat, and redness should increase to a considerable degree ;
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it may then be feared, that the disease will terminate in a gangrene or mortification. When this change is taking place, the colour of the part, from a bright scarlet, becomes a dark crimson ; blisters arise on the part ; the tumour subsides, the part becoming soft and flaccid ; and from being violently pained, becomes nearly insensible. The deep red colour is now exchanged for a livid purple : the part at length becomes quite black, and having lost all life, exhales a cadaverous smell ; and, if health should be restored, is at last thrown off by the action of the surrounding live parts.

It cannot be necessary to be more particular, as to the terminations of inflammation : the description of the appearances which take place, on the several terminations just mentioned, may be, however, highly useful ; since, by an attention to it, those who venture on the dangerous practice of domestic quackery, may be enabled to discover when danger is threatened, in consequence of their neglect, or improper interference.

In every inflammation, there is an increased action of the vessels of the part, and, indeed, of the heart itself, and of the whole system of blood-vessels.

To effect the cure of inflammation, therefore, those means should be employed, which are known to be effectual, in restraining this inordinate action. Among the first of these, may be reckoned bleeding. Blood, therefore, should be taken away, in the first place—but, arrived at this point, how shall I proceed? Shall I attempt to furnish the uninformed with particular rules, by which he shall determine, as to the quantity of blood to be taken away, as to the mode in which it is to be drawn, &c.? You must plainly see, that this ought not to be attempted; and that I should rather say, that every case of inflammation, which requires general bleeding, must be a malady of so serious a nature, as to demand all that art and science can perform. I shall, therefore, here only make some general observations, on the means of cure: shewing the many difficult and important points, in which an accurate decision will be demanded; and leave it to you, and the rest of my readers, to judge of the propriety of taking, without the best advice, even this first step, in the attempt to obtain a cure.

In ascertaining the quantity of blood to be taken away, not only must the sex, age, and strength, be considered; but also the degree of violence of the disease, and the importance of the part affected, to the œconomy of the system. The quantity being determined on, it is next necessary to ascertain,
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from what part the blood shall be taken. In some cases, where it is required, to produce a considerable effect on the whole system ; it may be taken from the most convenient part, however distant from the part affected : but where it is only necessary to lessen the quantity of the blood, determined into the diseased part ; topical bleedings should be employed, as near as convenient to the inflammation. If topical bleeding be resolved on, the situation of the diseased part, and other circumstances, must point out the mode ; whether by opening a vein, near the part, or by the application of leeches, or by cupping. When it is determined, as to the quantity, and the mode by which it is to be taken away ; it is necessary to consider, in what space of time, the given quantity should be obtained. In most cases, the evacuation should be procured in as little time as possible ; the more speedily the discharge being made, the more considerable, in general, being the curative effects : but in other cases, if the blood be not taken away, with the utmost slowness and caution ; a sufficient quantity will not be obtained, to be productive of any real benefit. Nor is it a matter of trifling consequence, to ascertain whether a slight topical bleeding may be sufficient, for the removal of the disease ; or whether a more large and general bleeding be necessary ; for, on the one hand, if too small a
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quantity be taken, the disease will not be removed ; and, on the other, from too large a quantity being taken away, there is danger of inducing other diseases, more difficult of removal than the original complaint.

One of the most powerful means, next to bleeding, of relieving the overloaded vessels, and of lessening the disease, is the proper administration of purgative medicines : but no small degree of judgment is necessary, in determining what kind of purgative should be employed ; since, in some cases, those only should be had recourse to, as produce the least irritation ; such as manna, neutral salts, &c. whilst, in other cases, those of the strongest kind, such as calomel, scammony, jallap, &c. must be had recourse to. This evacuation should not be persisted in to the same degree, in every case ; and there are cases, where even greater relief will be experienced, by procuring an evacuation of a different kind ; such as that by perspiration, which will sometimes, indeed, be productive of more advantage than even bleeding itself. In those cases, where sudorifics are employed, purgative medicines, any farther than just to obviate costiveness, are sometimes, not only unnecessary, but even incompatible with the use of sudorifics ; since, by the necessary shifting of posture, occasioned by their operation, there is a probability of giving a check

to the flow of perspiration ; and thereby occasioning, an increase of the original complaint.

Neutral salts, vegetable acids, &c. are useful ; since they appear to possess, a power of diminishing the increased action of the blood-vessels, and, consequently, the impetus of the blood flowing into the diseased part.

The external applications, which may be usefully employed, in the cure of inflammation, are numerous, and must be varied, according to what is pointed out by the different indications. Hot water, plain, or impregnated with the virtue of medicinal herbs, or in the form of steam, will be useful in some cases ; whilst, in others, not only cold water, but ice itself, may be beneficially employed. Cataplasms also may be necessary ; and these may be sedative, or stimulating ; relaxing, or constringing ; as the case may require. Sometimes, particularly where the inflammation is deeply seated, or possesses any of the internal parts, the use of blisters becomes advisable.

You may now expect me to proceed, in describing the respective cases, alluded to ; and in laying down particular rules to guide you, in the choice of the several applications, just mentioned : but cast your eyes, once more, on the foregoing enumeration of remedies ; and then say, whether the use
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of such various, and even opposite means, should be entrusted, in cases of such importance, to those who are totally unacquainted, with the structure of the human body, with the various powers it possesses, the energies with which it is endued, and the changes it undergoes by disease. Be assured that from a want of knowledge of general principles, the most dangerous mistakes may be made, in the selection of these remedies ; and that, in certain periods of the disease, the employment of some of those means, which, in other stages, might be successfully employed, would certainly be followed by an increase of the inflammation ; and, in many cases, might occasion an immediate termination in gangrene.

Not only is skill required in appropriating the different remedies, to the different stages of the disease ; but great nicety of judgement must be exercised, to enable the practitioner to adapt the remedy to the disease, whilst gliding from one stage to another ; since each may depend on a contrary state of the system, and consequently, require an opposite mode of treatment. Thus in the early part of the disease, when it is possible to carry it off by resolution ; and it is safe and expedient, to procure this mode of termination : cooling and discutient applications must be adopted : but if resolution cannot be accomplished, emollient, and even stimulating fomentations and cataplasms, must be used,

used, to procure a speedy suppuration, but, as soon as this process is completed, a change must again take place in the treatment. Another change must follow, when the disease is likely to terminate in gangrene; and the nature of the applications must be determined, by the consideration, not only of the circumstances then observable, but of those also which have preceded; both requiring to be weighed in the mind, with the greatest attention.

Even the resolution, or cure of inflammation, in its first stage, should not be attempted, without some consideration; since there are often important advantages to be gained, by allowing the suppurative process to take place: such as, the removal of some extraneous substance; the prevention or removal of some other disease; the formation of a critical abscess; and cases also occur, where the means which would be required to be used, for the removal of the inflammation, would do more injury to the constitution, than the permitting the inflammation to proceed to suppuration.

For obvious reasons, I shall not attempt to trace out a plan, by which you may be enabled to undertake the treatment of so dangerous a state, as that which accompanies gangrene. Hoping that the formidable appearance which this malady assumes, will be sufficient to deter any one from presuming
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to attempt its cure, unless possessed of the necessary knowledge of the animal œconomy ; and of the means, by which the morbid deviations, to which it is subject, may be corrected.

Less difficulty arises, in the endeavour to lay down rules for the regimen and management of the patient ; as the general outline of that part of his treatment, which is more particularly the province of the nurse and attendants, will be laid down by the physician or surgeon. In the early part of the complaint, when there exists a probability of dismissing the disease, by resolution ; the utmost assiduity should be exerted, that the effects of the remedies which are administered, should be seconded, by avoiding or moderating those irritations, which are almost constantly applied to the system. The increase of heat, therefore, should be prevented, by allowing the free access of cold air into the room ; but in many cases, although it may be advisable that the patient breathe the cool air, yet it may not be proper, that it should come in contact with the surface of the body : this is more particularly the case, when the inflammation has attacked the internal parts, as the bowels. In these cases, the body should, therefore, be defended from the immediate action of the cold air. But although it be thus recommended to protect the body from the cold, yet great care should be taken that

that this be not done in such a manner, as to allow the heat of the body to accumulate, except in those cases where it is desirable to produce an increase of perspiration. The patient should be kept perfectly still, since, by the action of the muscles, the motion of the blood is accelerated. Great care should be also taken, that the aliment be of that kind, which is least likely to irritate : consisting only of panada, sago, barley-water, ripe fruits, &c. Rigorously avoiding all animal food, spirits, wine, &c. even in the smallest quantity. In those cases where the disease exists, in any considerable degree, all aliment should, at least for a time, be entirely abstained from : the patient being, however, plentifully supplied with drinks, of the most simple and watery kinds ; as toast and water, and mint or balm tea, to each of which may be added, as much of the juice of lemons or oranges, as may render them agreeable to the palate. In some cases, indeed, where the vital powers are too much diminished, a more generous mode of living will be directed by the physician or surgeon : and this will be enjoined, not merely where it is wished to bring on the termination by suppuration ; but even, sometimes, in those cases, where the cure or resolution of inflammation, in its first stage, is proposed. That the power of making so nice, and so necessary a discrimination, as will be necessary to enable any one

to point out the cases, in which the one, or the other, of these modes shall be adopted, is not likely to fall to the lot, at least, of ordinary domestic practitioners, must, I think, be allowed ; and is one proof of the impropriety of trusting the cure of inflammation in such hands.

When the process of suppuration is commenced, it will be necessary to make some variation in the patient's regimen. Broths, and even small quantities of solid animal food, may, in most cases, be now permitted ; for the sake of supporting the animal powers, and enabling nature to accomplish the work she has begun.

But when gangrene is about to take place, the utmost caution is required, in determining on the most proper regimen to be adopted : for although it frequently happens, that where gangrene comes on, the vital powers are much exhausted, and that, of course, a cordial and invigorating regimen becomes necessary : yet it sometimes is the case, that gangrene is the immediate effect of violent action ; a disposition to which still existing in the system, and rendering the use of stimulating medicines and diet, likely to aggravate the disease.

PREVENTION. It is necessary, that those things be avoided, which experience teaches us has the power of producing fulness, and increased action
of

of the blood-vessels : such is the indulgence in full meals of animal food, strongly seasoned dishes, spices, &c. and the abuse of fermented and spirituous liquors. Animal food should, therefore, be taken in very small quantities ; and the meals be chiefly composed of vegetable substances, to which variety may, in some measure, be given, by the different modes of preparation : nor should even these be taken in a greater quantity, than is just sufficient to satisfy the demands of nature. Spirits must, of necessity, be entirely prohibited ; and wine, and all fermented liquors, taken very sparingly.

Gentle exercise, which is likely, by promoting the excretions, to prevent the occurrence of plethora, or fulness of blood, should be freely employed.

If any particular part has been once attacked by inflammation, it will, for a considerable time after, be much disposed to suffer a return of the complaint : to prevent this, besides adopting the advice already delivered, that particular part should be defended from the partial action of cold. If it be some internal part that has been thus affected, the surrounding parts should be covered with flannel, which should be worn, with its roughest side immediately next to the skin ; this will not only defend them from the action of cold, but be productive of other beneficial effects, which, however, need not be here particularised. Among

Among the circumstances which occasion inflammation, particularly of the internal parts, is the too sudden transition to an atmosphere, differing much, in its degree of temperature, from that to which the person has just before been exposed. This is indeed so frequently the cause of dangerous diseases, that it cannot but be beneficial to render it an object of attention, and to point out the most efficacious means of preventing its dangerous consequences. When the body has, by any means, such as the employment of violent exercise, or sitting in an heated room, acquired a great degree of heat, the blood, by its rarefaction, has its volume enlarged ; and an increased action in the vessels takes place. If, whilst in this state, the body be suddenly exposed to the cold, the vessels on the surface become constricted, and the blood is repelled into the internal parts ; where, should any exciting cause happen to be present, a congestion and inflammation in some of the viscera may be the probable consequence.

After having been thus exposed to the action of cold, at a time when the body was heated beyond its natural state, the object of endeavour should be, to regain a regular circulation of the blood ; but, unfortunately, it often happens, that, not only the means adapted to the indication are omitted ; but that other means, which are most likely

likely to aggravate the injury, are had recourse to : such is the use of spirituous liquors, which, at these times, by their stimulus applied to the stomach and bowels, already in a state verging on inflammation, must frequently produce those evils which they were intended to prevent.

Another mistake is too frequently made, in having recourse to spirituous liquors, and heating drinks, previously to the exposure to cold air ; these, by their stimulus, increase the action of the blood-vessels of the viscera, and dispose them to run into diseased action ; when, by the application of cold to the surface, immediately after, the blood is driven inwards.

Having pointed out the mischiefs likely to arise from the measures generally adopted, to prevent ill consequences from the exposure to cold, whilst the body is heated ; I shall endeavour to lay before you, the most proper mode to be employed.

Suppose, then, any one, after having been 'for some time in a heated room, is exposed to the cold air of the evening ; or that after being heated by walking, or other exercise, he is exposed to a current of cold air, or sits for some time in a cold and damp room ; and that a considerable chill, or a sensation of extreme coldness, seems to pervade the whole body : in this case we may conclude,
that

that only the addition of some exciting cause is necessary, to occasion inflammation of the lungs, or of some other important part ; and therefore, should immediately proceed to endeavour, at obtaining an equable state of the circulation. This will be best done, by a very gradual exposure to an atmosphere of a higher temperature ; gently exercising the body, and drinking of some warm, weak liquor, as weak wine and water, gruel, or barley-water, until an agreeable warmth returns. If any shivering has been experienced, it may be necessary to lay down between blankets, and drink warm, diluting liquors, until a moisture is produced on the skin. Should any slight pain or uneasiness be felt, this treatment becomes the more necessary, and should be continued, until that symptom no longer exists.

Nearly equal danger arises, from too suddenly passing out of an atmosphere of a very cold temperature, to one of a much warmer. Impelled by a desire to get rid of the disagreeable, and even painful sensations, arising from exposure to severe cold, those who have been thus exposed, generally seek the warmest room, and the nearest place to the fire ; and, not unfrequently it happens, that in addition, to drive out the cold more completely, spirituous and other heating liquors are also had recourse

course to. Should a chilliness continue after this, the fire is increased, and a more free potation of some spirituous liquor is indulged in. By this conduct, inflammation of the bowels, stomach, or lungs, is frequently occasioned ; and, indeed, it is seldom that it is adopted, with entire impunity ; since a catarrh, or, as it is commonly called, a cold, most commonly, at least, succeeds.

As to procure a compliance with advice, it is necessary to shew the reasons on which that advice is founded ; I must inform you, that after exposure to the cold air, especially for any considerable length of time, the body is in a state most highly susceptible of injury from the application of heat. This takes place on the same principle, that when the eyes have been secluded some time from the light, they will, on its being again admitted, be struck by the appearance of extraordinary splendour ; and, that the hand will be more sensibly affected, on being plunged into a vessel of warm water, if it have been previously held in cold water, or snow.

A very little consideration will be sufficient to convince you, that, during this state of the system, the exposure to such powerful stimulants, as the heat of a large fire and strong drinks, must be highly dangerous : and that, after exposure to severe

were cold, it is best to persist, for a little time, in some gentle exercise ; to approach the fire very gradually, and to drink only of some diluting, weak drink, such as tea, barley-water, milk and water, &c. always remembering, that, when the body has been either chilled, or much heated, that it be brought back to its natural warmth by degrees.

I cannot here refrain from recommending to your attention, an excellent little pamphlet, by Dr. Beddoes, entitled, *A Guide for Self-Preservation* ; and I doubt not, but on perusing it, you will join with me in wishing for its general circulation ; especially among the poor, for whom, by its price, and by the style in which it is written, it is evident that it is benevolently intended.

Of so much real importance is it to stop the career of inflammation, at its very outset, that I earnestly request you, *in every case in which pain occurs with fever, to obtain immediately the best advice* : remembering, that if inflammation be suffered to proceed a certain length, although not so far as to endanger the patient's life ; it is very probable, that it may be productive of very serious inconveniences, which he may be obliged to suffer the remainder of his life.

INFLAMMATION

INFLAMMATION OF THE BRAIN.

IN this disease, there exists a very considerable degree of fever, a violent and deep-seated pain in the head, a fulness of the vessels and redness of the face, and of the eyes : with excessive dry skin, and parched tongue. The patient obtains no sleep, is very much affected by the least noise, or the admission of light into the bed-room ; and, generally, a very high and furious delirium occurs. This disease soon runs through its course ; and, if proper means are not had recourse to very early, the patient will be lost within a very few days.

Whatever irritates the membranes investing the brain, or stimulates the substance of the brain itself, may become an exciting cause of inflammation of the brain : among these causes, the most frequent are, external injuries, the drinking of large quantities of spirituous liquors, violent exertions of the mind, and the exposure of the bare head to the ardent rays of the sun.

Large and repeated bleedings, cathartics, and blisters, with the other remedies enumerated in the section of general inflammation, will be employed by the physician in this dreadful disease. The regimen will, at the same time, be ordered to be as spare as possible.

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To enlarge on the means of cure adapted to this disease, and on the management of the patient, would be to engage the reader's time, without a possibility of yielding him any useful information : since, in a disease which is so rapid in its progress, and is so frequently fatal in its termination, no consideration whatever, should induce any one to attempt its cure, unless he possesses real medical knowledge. Besides, some of the symptoms of this disease, are frequently to be met with, accompanied by circumstances of so ambiguous a nature ; that, unless the observer has discernment sufficient to enable him to mark the real state of the system, his well intended exertions may soon destroy his unfortunate patient.

Those, whose nervous systems have been debilitated, and whose constitutions have been impaired, by the frequent use of spirituous liquors, are very subject to be attacked with a fever, which is accompanied with a delirium, similar to that which has been just described : the fever beginning its attack, with symptoms, which seem to point it out to be of an inflammatory kind : but the excessive debility which, in general, takes place in a day or two, plainly shews ; that the adopting, in this case, the profuse evacuations required in the true and simple inflammation of the brain, must be succeeded by the destruction of the patient.

INFLAMMATION

INFLAMMATION OF THE EYE.



THIS disease begins with a slight redness of that part, which is termed the white of the eye ; as this gradually increases, the eye becomes hot, feeling as though particles of dust were on its surface. The eye-lids swell, and the admission of light to the eye is accompanied with great inconvenience. Tears flow from the eyes in considerable quantity, almost scalding the cheeks as they trickle down.

By the use of well adapted remedies, at, and before this period of the disease, a resolution of the inflammation will generally be procured.

But when the disease is neglected, or not opposed by means sufficiently powerful ; the redness increases to such a degree, that the part of the eye which was before white, becomes of an uniform crimson colour : the blood-vessels being so distended, that the surface becomes rough and irregular ; and so much elevated, that the cornea, or transparent membrane, on the fore part of the eye, appears to be sunk. The pain extends to the bottom of the eye ; and considerable pain is also felt in the head. When the disease has proceeded thus far, it seldom goes off without leaving a speck on the cornea, which sometimes deprives the patient of his sight :
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sometimes, also, a suppuration takes place in the eye itself, which is succeeded by total blindness ; the eye, in some cases, sinking in the socket ; and, in others, being so enlarged, as not to be contained within the eye-lids.

The occasional causes of this disease may be, external violence, applied to the eye-lid, or the eye itself. Extraneous bodies under the eye-lids ; such as particles of dust, or sand ; acrid fluids, or vapours, &c. Exposure of the eyes to a strong light, and much exercise of the eyes in viewing minute objects. Inflammation of the eyes may also be the consequence of morbid acrimony, existing in the system: it may likewise accompany other diseases of the eyes, and of the neighbouring parts ; such as the turning inwards of the eye-lids ; stithes, or styes, which grow on the eye-lids, and which may be either encysted, scirrhus, or warty ; tetter, and ulcerations on the edge of the eye-lid ; and a great number of other diseases, which it is unnecessary to enumerate here.

When this disease is simple, in no very considerable degree, and the exciting cause no longer existing, attempts for its cure may be made, by applying leeches to the temple, on the same side with the affected eye, in a number proportioned to the age and strength of the patient ; a blister
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may be applied on the temple, after the bleeding has ceased, and a brisk purgative also be given, using for a lotion simple rose-water, or about four grains of white vitriol, dissolved in two ounces of rose or elder flower water.

The defending of the eyes from the light, is a circumstance of no small importance : the following observation, therefore, should be carefully attended to. The diseased eye, however closely secluded from light, will always be injured by the action of light on the sound eye : since each eye will sympathise with the other, in all its motions. The patient should, therefore, confine himself to a dark room ; as he need not then keep off the cold air, by those means which he must otherwise use for excluding the light. Should the disease not be considerably diminished, by the use of these means, application for regular assistance should be immediately made : since we may now conclude, the disease is so obstinate, that should time be wasted by the employment of unsuccessful measures, or should the family practitioner be led unfortunately to adopt stronger means, there will be danger, that his temerity may be punished by the poignant reflection, that, by his well meant interference, he has deprived his unfortunate patient of sight. The alarm, which undoubtedly I mean to excite here, will not, I am confident, be esteemed unnecessary ;
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when the delicacy and importance of the affected organ, the numerous intricate causes on which the disease may depend, and the shocking manner in which it may terminate, be attentively considered.

The division of the inflammation into external and internal, is of considerable importance to be attended to in this place. From an inability to make a distinction between these, arises the greatest danger of the uninformed practitioner occasioning total blindness to his patient : since the inflammation of the deeper seated parts of the eye may occur, without the appearance of such external signs, as will point out to him the great danger which exists. Means, therefore, may be adopted, proportioned only to the external appearances ; and the sight, be irretrievably lost, in a very few hours.

I am aware, that you will think, I ought to have particularised a few other lotions, on the supposition, that the lotion I have mentioned above should not prove useful. But as the difference of irritability of the eye, in various cases ; and the different degrees of the disease, must determine the strength, and the nature of these applications ; it would be unsafe to offer any more definitive directions, than that care should be taken, that none be used of such strength, as to occasion any increase of pain. It is true, that some very celebrated surgeons, recommend

mend the use of such remedies as occasion, for a time a very considerable augmentation of the pain : but applications of this kind must be used, with the greatest circumspection ; since, should they fail of their wished for effect, they cannot but be likely to increase the complaint.* There are few families who do not possess some lotion for the eyes, which they recommend, as adapted for almost every disease, to which the eyes are subject : but certainly, when the various causes of this disease, and the vast number of its species and varieties, are considered, as well as the many affections of the system with which it may be intimately connected ; every one must be satisfied, that there is no one remedy whatever, which can be had recourse to indiscriminately, in all those cases, without frequently producing considerable mischiefs.

Even in those cases, which are not distinguished by any alarming symptoms ; and in which the prudence of the family practitioner, induces him to
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* Mr. Ware, in his ingenious publication, on the Diseases of the Eye, recommends the dropping of the Thebaic tincture into the inflamed eye. In the hands of this gentleman, and of many other surgeons, this has proved a very powerful remedy : but when used by those who are not able to make the necessary discrimination, between such cases in which it may be used with benefit, and others in which it may prove injurious, very ill consequences may be produced.

make use of only the mildest applications, ill consequences may be produced by domestic tamperings : for frequently, when the disease, though not violent, does not yield to the endeavours which are made, the vessels, from the mere duration of the inflammation, lose their tone ; and hence is produced an additional cause of the continuance of the disease, and that in one of its most obstinate states.

In many cases, the disease is supported by an affection of the whole system, the nature of which may be with difficulty discovered ; but until this be done, and the fault of the habit corrected, no topical applications can be of any service.

Newly born, and very young children, are subject to a species of inflammation of the eyes, which very frequently, for want of proper and timely help, produces blindness. It begins with redness and swelling of the eye-lids ; the swelling soon becomes so considerable, that the eye can hardly be seen, even when force is made use of for their separation. This is soon succeeded, by the formation of a very considerable quantity of a thick yellow matter, which is diffused between the eye and eye-lids ; and which oozes out very freely, on the least pressure. This disease will oftentimes, if proper means are not timely used, continue a considerable time ; the
eye-lids

eye-lids remaining so swelled, for many days, that the real state of the eyes cannot be discovered : and frequently it happens, upon the subsiding of the swelling, that the distressed parents discover, too late, that, in consequence of their neglect, or imprudence, their unfortunate child is irremediably blinded. From that wonderful infatuation, by which the diseases of children are delivered over to the management of an ignorant nurse, this melancholy catastrophe, in general, proceeds. Those who have the opportunity of making the observation, know, that even among the middling class of people, application for regular aid is very seldom made, even in this dreadful malady, until the disease is so far advanced, as to render a melancholy termination most probable.

You will not wonder, that I dare not presume to recommend any plan for general adoption, in so distressful a case ; indeed the only advice that can be given, in such a work as this, is to make the earliest application to some experienced surgeon, and to pay the most implicit attention to his directions.

As to the prevention of inflammation of the eyes, the following cautions may be useful. When the eyes are disposed to be easily inflamed, a long and earnest exercise of them should be carefully avoided.

Caution should be used, not only in viewing highly illuminated and vivid objects as little as possible ; but even long poring on duller objects, should be avoided. Acrid fumes and vapours are very hurtful ; and perhaps few more so, than the smoke of tobacco. Discharges, to which the constitution has been long accustomed, should not be unadvisedly suppressed ; and where there is evidence of the existence of any particular acrimony in the system, that should be corrected ; and until that is accomplished, a purulent discharge should be obtained from behind the ears, the pole of the neck, or from some part, as near as can be conveniently had to the head.

THE QUINSEY, OR SORE THROAT.

OF this troublesome, and sometimes dangerous complaint, there are five distinct species ; which often require a considerable degree of penetration and experience in the observer, to enable him to ascertain the nature of the disease, or the part in which it is situated ; both which circumstances are absolutely necessary to be known, before any attempts are made for the cure.

INFLAMMATION

INFLAMMATION OF THE TONSILS,
OR THE
INFLAMMATORY SORE THROAT.

AT the posterior part of the inside of the mouth, may be perceived two round glandular substances ; which are termed, *the tonsils* : between these is extended a membranous substance, called the veil of the palate, from the middle of which is suspended the *uvula*, a fleshy substance, in general about half an inch in length ; but varying much in size in different persons, and in the same persons, at different times. In these parts, is this disease in general seated ; and is discoverable by the existence of fever, with redness, swelling, pain, and a sense of tightness in those parts, accompanied by a difficulty in performing the action of swallowing.

The commencement of this disease is, in general, marked with a shivering, and is succeeded by febrile heat ; as this heat increases, the skin becomes dry and parched ; and the pulse becomes quicker and stronger than natural. Soon after, or immediately at the coming on of these symptoms, an uneasy sensation is felt in the throat, with a difficulty of swallowing. A considerable flow of viscid saliva takes place ; which, from the uneasiness produced by the attempts to swallow it, is suffered to accumulate in the mouth ; occasioning no small inconvenience

inconvenience to the patient. When the disease exists in a high degree, the power of swallowing is almost lost ; the liquids, which the suffering patient attempts to force down, being thrown back from the mouth, or, in consequence of a drop falling into the windpipe, is thrown out with violence, both at the mouth and nostrils.

This disease generally terminates, either by resolution, or suppuration ; gangrene hardly ever taking place.

Among the causes of this disease, may be mentioned the exposure to violent degrees of heat or cold ; particularly the sudden exposure of the body, when much heated, to excessive cold, or the partial application of a stream of cold air ; indulgence in spirituous liquors, and highly seasoned dishes ; eating heartily of animal food, without a due mixture of vegetables ; &c.

Those who are most liable to this disease, are the middle aged, and those of a full habit. It is most frequently to be observed, in those seasons, when vicissitudes of heat and cold chiefly occur. The having once been affected with this disease, leaves a strong disposition to future attacks.

For the removal of this disease, evacuations, by bleeding and cathartics, must be adopted ; and other
cooling

cooling means must also be employed. The extent to which these are to be used, is only to be ascertained, when a judgment is formed of the degree to which the impending disease might be likely to attain. Of this, a skilful physician will, in general, be able, by a careful attention to the particular appearances of the diseased parts, the state of the pulse, the temperament of the patient, &c. to make a conjecture sufficiently near the truth to enable him, if called in on the first hours of the disease, to disperse the inflammation, without any evil consequences. Since it is obvious, that to do this, requires both penetration and skill, few surely will be found hardy enough to make this attempt, without possessing these indispensable requisites.

If another argument were necessary against domestic practice in this disease, it is to be found in the difficulty which the unexperienced must find in always ascertaining the nature of the disease: thus an appearance will frequently take place, which might induce any one, who is not accustomed to observe the disease, to suppose it of the ulcerated kind. The appearance alluded to, is produced by several little openings or pits in the tonsils, which being filled with mucus, are very likely to be mistaken for incipient ulcerations. A mistake produced by this circumstance, would be of a very
serious

ferious nature ; since it must lead to a mode of treatment opposite to that which is really indicated.

Considerable distress is sometimes occasioned, by the inflammation suddenly quitting the throat, and attacking some important part, frequently the lungs. Much circumspection and attention is necessary, in this case, even from the most experienced ; and the domestic practitioner should be apprised, that the greatest danger may follow this change, if not discovered sufficiently soon to allow the early employment of the necessary means.

With respect to the regimen of the patient, it must be of the most cooling and diluting kind. Barley-water, rendered agreeable to the palate by the addition of black or red currant jelly ; linseed tea, sweetened with honey, &c. may be used for common drinks : but the directions of some one, who is well versed in the nature of the disease, will be needed, for particular directions in this respect ; since the regimen which is proper, whilst there are hopes of discussing the inflammation, may require to be altered, when suppuration appears to be about to take place.

The patient is, in a great measure, obliged, by the inconveniences he sustains, to breathe with his lips open ; in consequence of which, the moisture
evaporating

evaporating from the inflamed surface, leaves it parched and dry ; a state favourable neither to diffusion nor suppuration : to remedy this, he should constantly hold some fluid in his mouth. Although attempts to swallow are accompanied with considerable pain, he should frequently get down some lubricating drink ; remembering, that the pain consequent to swallowing is produced, not so much by the passage of the liquid which is swallowed, but by that action of the inflamed parts, by which deglutition is performed : hence as much pain is, in general, produced by swallowing a tea-spoonful of any liquid, or even the saliva, which so constantly demands deglutition, as would be occasioned by swallowing a much greater quantity ; wherefore the patient should, by trials, discover nearly the quantity which can be thrown down at each exertion, and then never make the attempt with a less quantity.

Gargles are frequently of the greatest use in this complaint ; but the ingredients, of which they are composed, must be pointed out by the degree and state of the disease.

Bathing the feet in warm water, oftentimes gives great relief, when the swallowing is difficult. Similar benefit has been experienced from the steam of warm water, received in the mouth, through a funnel, or some proper apparatus. External

External applications are frequently of the greatest service. In the advanced stage of the disease, emollient cataplasms applied to the neck and under the ears, contribute much to the relief of the patient. But the most evident advantages, resulting from the use of external remedies, are those which are produced by the use of stimulating applications, such as hartshorn and oil, cataplasms of oatmeal and flour of mustard, blisters, &c. applied to the neck, when the patient first discovers any uneasiness in the throat ; for frequently, as soon as these applications have excited a heat and redness externally, the internal inflammation will begin to lessen.

For the prevention of this disease, the directions should be adverted to, which have been already given, when treating of inflammation in general ; particularly attending to the admonition, of defending the external surface over the part which is disposed to inflammation, by additional covering ; and with such substances nearest to the skin, as may, by gently irritating it, promote the action of the vessels on the surface.

THE PUTRID OR MALIGNANT ULCER-
ATED SORE THROAT.

IN this disease, the tonsils, and all the internal fauces, are affected with redness, swelling, and gangrenous ulcers, producing a difficulty, both in swallowing and breathing, accompanied by a fever of the putrid kind.

This disease begins, in general, with frequent chills and shiverings, excessive languor, depression of spirits, with continual nausea, and frequent urgings to vomit. These are succeeded by a febrile state, in which the pulse is quicker and smaller than natural : at the same time, the patient becomes sensible of a stiffness of the neck, with a roughness and heat in the throat, resembling the sensation produced by the application of pepper. Soon afterwards, a scarlet eruption is thrown out on the skin, first on the face and neck, and then over the whole body and extremities. The back part of the inside of the mouth, the uvula, tonsils, &c. upon inspection, appear red, and a little swelled, and then several spots appear on the parts just mentioned, of a grey or ash colour ; the voice becomes particularly hoarse and rough, and the pulse quicker and smaller. As the fever increases, these spots extend themselves, in proportion to the violence of the disease ; frequently spreading and running one into the other,

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with the utmost rapidity, the debility becoming excessive, and a continual discharge of a thin acrid humour taking place from the nose and mouth, corroding both the lips and nostrils. As the disease proceeds, the greyish crusts are discovered to be deep gangrenous floughs, beneath which the parts are undermined to a vast extent ; the breath becomes exceedingly offensive, and the disease soon increases to such a degree, unless happily opposed by successful means, as to carry off the patient, sometimes within the third day of the disease.

From this slight sketch, the domestic practitioner must be apprised of the malignity of this disease, and the rapidity of its progress ; and he may also be assured, that he will not always be able to distinguish it, at its first attack, even from the inflammatory sore throat, just described ; it sometimes requiring a very careful investigation, before the real nature of the disease can be ascertained. A mistake here would not only occasion an omission of the proper remedies, but the employment of such means, as must necessarily very much expedite a fatal termination of the disease. For the evacuations which would be requisite in the cure of the inflammatory sore throat, cannot fail but so to reduce the patient, if employed in this disease, that no subsequent endeavours might be sufficient to save him. The operation of a smart dose of
physic

physic would be sometimes sufficient to sink a patient irrecoverably.

The endeavours of the physician will be, to support the strength of the patient, oppose the septic tendency of the whole system, and lessen the effects of the acrid matter poured out upon the fauces. In accomplishing these intentions, the physician must depend on the assiduity and zeal of the attendants : if their exertions are not regular and unremitting, his efforts will be in vain. Medicine will prove but of little efficacy, if the animal powers are not supported by proper nourishment : the attendants must, therefore, constantly supply the patient with sago, salop, panada, &c. to which must be added, such wine as may be most agreeable to his palate. Red port made into negus, may be also given freely : ripe acid fruits, and fermenting liquors, as bottled cyder, perry, champaigne, &c. should constitute part of the patient's drink. But previously to the swallowing of nutriment, antiseptic gargles and injections should be very sedulously employed, for clearing away the sharp and septic humour from the mouth and throat, to prevent, as much as possible, its being swallowed ; since from the escape of it into the alimentary canal, a most troublesome and dangerous diarrhæa frequently occurs towards the close of the complaint. It is impossible to be more explicit here respecting diet,

diet, as this must so much depend on the state of the patient, the period of the disease, and the condition of the stomach, as to require it to be particularly pointed out, after a careful consideration of these circumstances.

The patient should be so placed in his bed, that the discharge may run freely out at the corners of the mouth ; great attention must also be paid to the cleanliness of his clothing, and the ventilation of his apartment.

When it falls to the lot of a tender parent, to view the progress of this disease in a darling child, the scene is truly distressing. For too often here, from an ill judged tenderness, the parent will not suffer the ravages of this horrid malady to be checked, from a repugnance to increase his temporary sufferings. It is true, that almost all the means that are indicated, in some measure do this ; for in such a state of the fauces, to swallow the most bland fluid substance must give pain, and this must necessarily be excited in a greater degree, by forcing the patient to submit to wash the throat with antiseptic gargles, and to swallow sharp acid liquors, and unpalatable medicines. But for the sake of preventing this misapplication of tenderness, it should be considered, that although for the time the pain is augmented, yet in consequence of
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the symptoms being moderated by this mode of treatment, the quantity of pain must on the whole be thereby much lessened ; besides the grand and important end of saving life being also probably answered. And surely, although the principle is so often acted on, no parent will avow a right of risking the life of a child, for the indulgence of his own sympathetic feelings. The reflection, that he has, by his interposition, lessened his sufferings, but, at the same time, hastened, or even occasioned his death, is widely different from the rapturous ideas of him, who, with an almost rent heart, has allowed or even prompted, that to be done, which, painful at the moment to suffer, did, in the end, alleviate the sufferings of his child, and restore him to his caresses,

In no disease more than this, is there required so implicit a confidence in the physician, and, of course, so exact a compliance with all his directions ; since the most trifling omission may occasion the death of the patient.

THE CROUP, OR QUINSY OF THE TRACHEA OR WINDPIPE.

THE exquisite degree of danger, which always accompanies this disease, the rapidity with which its symptoms proceed, and the probability of its
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escaping a sufficiently early detection, will induce me to be rather diffuse in its description ; hoping, that parents may thereby be enabled to discover it, immediately on its appearance, and be induced to apply for medical aid in the first moments of the disease.

The unfortunate subjects of this malady are, almost always, children under twelve years of age. The attack is, in general, preceded by symptoms resembling those of a common cold ; but sometimes it comes on suddenly, beginning with a slight soreness of the throat, a hoarseness, or rather a peculiar ringing sound in speaking, a shrill barking cough, and a remarkable wheezing which accompanies the respiration. Both inspiration and expiration are performed in a much longer time than is natural, and evidently with difficulty ; and when the child coughs, which is rather frequent, and in redoubled fits, the face is much swelled and flushed, and the child is violently agitated. At the beginning, the cough produces little or no expectoration. Upon pressing with the finger on the neck, immediately opposite to the windpipe, the uneasiness of the child is evidently increased. There is, in general, little or no difficulty in swallowing, nor any appearance of inflammation upon inspecting the fauces. As the disease increases, the pulse quickens, the heat augments, and an excessive restlessness takes place.

place. This restlessness soon increases to such a degree, that the patient cannot be retained many moments in the same posture ; the breathing becomes more and more difficult and laborious, and the peculiar wheezing sound, which accompanies it so increases, as to be heard at a considerable distance. The cough also increases in frequency, and, at the same time, in the violence of its efforts, by which are brought away small quantities of a matter of a purulent appearance, and portions of a white tubular membranous substance. The symptoms continue to increase in violence, until a spasm of the muscles of the parts taking place, the patient is suffocated ; the disease often completing its course in the space of three or four days and nights.

By the dissections of those who have been destroyed by this disease, the cause of these various symptoms is rendered very evident. A preternatural membrane having been found to line the whole inner surface of the trachea, in some parts adhering to it, and in others a little separated from it ; a matter resembling pus appearing to be interposed between the trachea and its morbid covering, and sometimes the preternatural membrane and the above-mentioned pus like matter is found, not only to cover the whole inner surface of the trachea, but even to reach into the bronchia.

On the first appearance of those symptoms which mark the existence of this disease, immediate application should be made for medical assistance, and not a moment should be wasted, before the proposed remedies should be tried.

But since it may sometimes happen, that medical advice cannot be immediately procured, by an attention to the following directions the disease may be checked in its progress, if not entirely removed. As soon as the disease is discovered, from three to six leeches, according to the age and strength of the patient, may be applied to the upper and fore part of the neck, and the bleeding promoted by the application of clothes wrung out of warm water. As soon as the leeches fall off and before the bleeding has ceased, the patient may be laid between the blankets, and supplied with warm barley water to excite sweating, the front of the neck being covered with a blister. In performing these various operations, so much time must elapse, as to afford a sufficient opportunity of obtaining proper medical attendance ; and as the subsequent treatment must depend on the effects produced, by the means which have been already employed, it would not be proper here to proceed in an account of the mode of treatment, which can only be directed by the attending physician.

A deep, hard-sounding cough, almost exactly resembling the cough in the croup, sometimes occurs in children, but without any of the other characteristic symptoms of this disease. In these cases, the ordinary demulcent remedies, in general, soon succeed in removing the cough. Dr. Ferriar, of Manchester, observes, that, "the distinctions between this spurious croup and the genuine disease are only to be learned, from much attention to the different cases of the disease; for the sound of the cough is so similar in both, as to inspire even the most experienced with some degree of doubt. I have sat by the child's bed-side repeatedly, watching for the moment of danger, while the cough was increasing in violence; and have been only undeceived, by finding that no tremor or palpitation came on towards midnight, that the restlessness abated, and that sleep seemed to become more composed." The spurious disease seems to be unaccompanied with inflammation; but the genuine croup has been clearly proved to be an highly inflammatory disease, by repeated dissections. And here trusting that you will excuse the digression, I will offer a few words, with the hope of lessening the too general repugnance of relatives to the examination of those, who have fallen victims to any ambiguous disease.

Some of the most learned and polished nations

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have considered the process of opening the body, and embalming it, as a mark of respect, without which the body ought never to be consigned to the tomb. Even at the present moment, in this kingdom, and over a considerable part of Europe, this process is deemed so honorable, as to be confined by custom to those only of the most elevated rank. Thus, whilst suffering humanity in vain petitions for such an inspection, as may, perhaps, afford the information which may save the lives and lessen the torments of numbers, pride obtains, with the utmost alacrity, the complete disemboweling of one, who, whilst living, received almost the adoration of a divinity. But, perhaps, the deeply rooted prejudices of sentiment are not likely to be overcome, merely by contrasting them with the silly adoptions of vanity and pride.

At the very point of time in which a beloved object is snatched away, it must be expected, that the mind will indignantly revolt at any measure which does not accord with those nicely attuned feelings, which the revered memory of departed excellence, and the violent grief at the cruel deprivation, necessarily produce. The mind, distractedly alive, is impressed with the utmost horror at the idea of any mutilation or injury to that form, which, by the unalterable laws of nature, must, in a few hours, entirely dissolve away. Imagination
paints

pains the spirit of the departed as displeased by this assumed injurious violation of its former residence : but imagination should rather depict a countenance, beaming with kind commiseration and benignity, and expressive of the purest delight at perceiving, that its perishing *exuviae* may be rendered useful, in mitigating the sufferings of surviving relatives. The only hopes which can be entertained of overcoming this repugnance to anatomical examination, founded, as it must be acknowledged to be, on the finest feelings of human nature; is, by an appeal to kindred feelings, to that tender sympathy which disposes its possessor to feel the sufferings of others as his own ; and to that benevolence, which induces him to make the most important sacrifices, with the hope, that pain and misery may be averted from others,

Let it then be recollected, that the knowledge of those diseases, which it is in the power of art to relieve, or remove, has chiefly been obtained by anatomical enquiries ; and that, in a perseverance in these, must be placed our hopes of obtaining a more accurate knowledge of such diseases, as have hitherto resisted the powers of medicine. He who now, from an improper indulgence of his tenderness, refuses to permit the required examination, may experience the mortification of suffering himself, or of witnessing the sufferings of another part
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of the family, from a similar malady ; when, perhaps, by the proposed enquiry, that intelligence might have been gained, by which the disease might now have been removed. The acknowledged hereditary disposition to similar diseases, in children of the same family, is a circumstance which cannot be reflected on, without confirming the propriety of what has been just remarked.

The disease, of which we are now again to speak, affords a strong instance of the advantages which proceed from anatomical investigations, in ambiguous cases. The real nature of this disease, and, of course, the proper means of treating it, have only been known of late years ; the discovery being the consequence of observing the appearances of the parts after death.

For the purpose of preventing this dreadful disease, besides attending to the general rules already given for the prevention of inflammation, great care should be taken, that children should not be exposed to extremely cold air, for any considerable time. With the hope of rendering children hardy and robust, they are sent out, in the arms of their nurses, during the most severe cold weather, for hours together, and, too commonly, not sufficiently clad. The poor infant, at the first exposure, declares, by its cries, the uneasiness it suffers ; but after a little time, overcome by the severity

severity of the cold, it falls fast asleep.* In this state

* From the sound sleep in which children are seen who are thus exposed, it may be imagined, that the cold is no more than they can bear, without a chance of injury. But that this sleep itself may be the consequence of the excessive cold, appears to be very probable, upon recollecting the effects of cold, as described in the first voyage of Capt. Cooke for making discoveries in the southern hemisphere. During their stay at *Terra del Fuego*, Mr. Banks, and Dr. Solander, with a party composed of draughtsmen, &c. had made an excursion into the interior of the country. It being eight in the evening, the blasts of wind very piercing, and the snow falling thick, they were passing through a swamp, towards a wood, in the covert of which they proposed building a hut, and kindling a fire, to defend themselves from the severity of the weather. Dr. Solander having often passed over mountains in cold countries, was sensible, that extreme cold, when joined with fatigue, occasions a drowsiness that is not easily resisted : he therefore intreated his friends to keep in motion, however disagreeable it might be to them. His words were—Whoever sits down, will sleep ; and whoever sleeps, will wake no more.—Every one seemed accordingly armed with resolution ; but, on a sudden, the cold became so intense, as to threaten the most dreadful effects. It was now very remarkable, that the doctor himself, who had so forcibly admonished and alarmed his party, was the first that insisted to be suffered to repose. In spite of the most earnest intreaties of his friends, he lay down amidst the snow ; and it was with difficulty they kept him awake. One of the black servants also became weak and faint, and was on the point of following this bad example. A party was therefore detached, to make a fire at the first commodious spot they could find. Mr. Banks and four more remained with the Doctor and Richmond

state, with their extremities so chilled as to be of a dark crimson hue, may children be seen every winter, in all the public walks round the metropolis. On their return home, the chilled appearance of their arms and legs excites the attention and the exertions of their parents or nurses, who immediately laying them on their knees, chafe them before the fire, until the parts have acquired a considerable degree of warmth. The danger of this sudden transition from one extreme of temperature to another, has been already remarked : I shall only, therefore, observe here, that by such improper management, this disease, or inflammation of the lungs, is very likely to be induced.

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mond the black, who with the utmost difficulty were persuaded to come on ; and when they had traversed the greatest part of the swamp, they expressed their inability of going any farther. When the black was told, that if he remained there he would soon be frozen to death, his reply was, that he was so much exhausted with fatigue, that death would be a relief to him. Dr. Solander said, he was not unwilling to go, but that he must first take some sleep ; still persisting in acting contrary to the opinion which he had himself delivered to the company. Thus resolved, they both sat down, supported by some bushes, and in a short time fell asleep. Intelligence now came from the advanced party, that a fire was kindled about a quarter of a mile farther on the way. Mr. Banks then awakened the Doctor, who had already almost lost the use of his limbs, though it was but a few minutes since he sat down ; nevertheless he consented to go on, but every measure taken to relieve the black proved ineffectual.

This exposure of infants to extreme cold, is not defensible on any hypothesis ; and so far from being calculated to render them hardy, it is more probable, that, by thus occasioning diseases, it will render them tender and weakly. The parents of children who reside in cities, struck with the appearances of strong health, which sometimes mark the countenances of little cottagers, who, almost unprotected by clothing, brave the coldest and most inclement seasons, flatter themselves, that, by similar exposure, they shall obtain for their children an exemption from disease. But this expectation is the result of a very erroneous calculation. The vast number of little victims, who fall by various diseases, the consequences of this exposure to every inclemency of season, is not reckoned ; and the poor invalids, whom disease or weakness, produced by the same cause, keeps within doors, are unknown to the passenger, who makes his estimate only from those few who have hitherto escaped, notwithstanding the miseries to which they have been exposed. That those who thus escape, may originally have been of the most strong constitutions, is reasonable to suppose : they are therefore, of course, children of such an appearance, as will be most likely to excite a favourable opinion of their mode of being reared.

If this statement were not true, and, on the contrary,

trary, if the children of rustics bore this exposure to extreme cold without injury, still this would not authorise that exposure which I have here made a subject of reprehension. To prove this, let it be considered, that the exposure of the children of the poor is regular and uniform, their lodging is generally so wretched, that the difference of temperature between the external air and that of their hovel is seldom very considerable ; and that they are, therefore, but little exposed to sudden and considerable changes of temperature. But it is very different with those children, whose cause I am wishing to plead, who dwell chiefly in apartments, from which the cold air is excluded as much as possible, and which are also heated by large fires. These children must be generally in such a state, that the sudden exposure to cold may be very likely to occasion the most serious consequences.

Another circumstance which may probably occasion this disease, and which, therefore, ought to be carefully prevented, is exertion of the voice by hollowing, screaming, &c. In two of the cases I have witnessed, the disease seemed to have been thus produced. In the one case, a child, three years old, whose legs had been scalded by boiling water, had screamed incessantly, and with the utmost violence, for five or six hours : and was seized, the following night, with this disease, of which it died. In
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the other case, a boy, about seven years of age, had been celebrating in a procession, the day of quitting school for vacation, and had, according to a very silly custom, been engaged with his school-fellows in huzzaing, almost during the whole time, with his utmost exertion. He was attacked the same evening with this disease, and was, the next day, evidently in a considerable degree of danger; but happily recovered, in consequence of being freely blooded, blistered, &c.

QUINSY OF THE PAROTID GLAND, OR THE MUMPS.

THIS disease is distinguished by a considerable swelling, which arises very rapidly, in general, on each side of the neck, becoming large, and sometimes painful: the swelling increases for three or four days, when it begins to decline, and in a few days entirely disappears. It frequently happens, that, as the swelling of the neck subsides, the testicles of the male, and the breasts of the female, are affected with hard and painful tumours. A slight fever is observable through the whole progress of this disease, which goes off, in general, as the swelling declines.

This disease, in common, requires but little medical assistance; it being generally sufficient, that the

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patient keeps himself in the house, with a moderately warm covering round the neck ; that he drinks freely of warm diluting liquors ; and preserves the bowels rather in a relaxed state, by the occasional use of gentle laxatives.

Dr. Cullen observes, that “sometimes, when the swelling of the testicles does not succeed to that of the fauces, or when the one or the other has been suddenly repressed, the pyrexia, or fever, becomes more considerable, is often attended with delirium, and has sometimes proved fatal.” Instances of this kind are, indeed, not very frequent ; but this observation ought to excite a considerable degree of vigilance, as the increase of fever may demand the most vigorous exertions.

This circumstance will also serve to evince the danger of confiding in domestic practice, even in a disease apparently trifling ; since, in this case, the danger may become very considerable, before it is detected.

INFLAMMATION OF THE EAR.

THERE frequently occurs, in the progress of the foregoing disease, a painful affection of the ear, which causes much trouble to the patient. This is generally occasioned by inflammation in the cavity
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of the ear, and may be produced independent of this disease, by exposure to cold, &c. In flight cases, this affection may be removed by a little warm oil of almonds dropped into the ear, with the application of a warm bread and milk poultice, or a bag of camomile flowers, which have been infused in boiling water, and which should be applied as warm as possible.

But, should it not soon give way to these means, it will be necessary to obtain proper chirurgical advice, lest suppuration should take place, and be succeeded by a total loss of hearing in the ear which is affected.

TOOTH-ACH.

THE term *tooth-ach*, is, indeed, only expressive of pain of the tooth ; which may be produced by almost all the various diseases to which the teeth are subject. In other words it is only the name of a symptom of some disease with which the tooth is affected. The common acceptance of the term, as the name of a disease itself, is productive of very erroneous practice, among the professors of domestic medicine ; a considerable number of contrary means swelling their catalogue of specifics, for the cure of this symptom ; whilst the actual disease, and

and the cause on which this symptom depends, are unheeded.

Tooth-ach is, generally, a symptom of a *Caries* of the tooth ; or of such a disease of the tooth, as will, if not cured, terminate in *Caries*. It sometimes occurs in consequence of the teeth being affected by scurvy, and sometimes it follows the use of mercury. It may also be occasioned by acrid matters applied to a tooth already diseased, or it may proceed from a rheumatic affection. The disease from which it proceeds may exist in the body of the tooth, or in that part, termed its roots ; the seat of the disease, which may be described as tooth-ach, may be, even in the *antrum highmori*, a cavity in the bone of the upper jaw.

The applications, which in general, are had recourse to on these various occasions, are ardent spirits, essential oils, and various other medicines possessing considerable caustic power. Sometimes, with the expectation of destroying the nerve, *aqua fortis* is dropped in the tooth. The mischiefs which result from such applications to parts which are in the highest state of irritability and inflammation, are often of a very serious nature.

From the enumeration I just now made of a few of the many causes, from which this very painful disease may proceed, it must appear very obvious, that

that the general mode of proceeding of those who suffer from it, is in the highest degree improper. When the pain becomes difficult to bear, recourse is had to a variety of applications, external and internal ; which, being selected without judgement, seldom produce any beneficial effects ; but most commonly, in consequence of their being highly stimulant, or even escharotic, the sufferings of the patient are increased, the disease augmented, and the tooth often irreparably injured. Should these means fail, which, as may be supposed, is generally the case, application is made to some neighbouring tooth-drawer, and the marked, though perhaps sound, tooth, is removed without any further enquiry.

The general state of the system, the predisposing, as well as the exciting cause, and the real nature of the disease, should be carefully enquired into. If this be done by an intelligent professional character, the patient may not only obtain present relief ; but, by the disease being speedily removed, future pain and decay of the tooth may be also prevented.

To give advice sufficient to enable domestic practitioners to treat, with propriety, all the different cases of this disease, is impossible. To provide them with such a mode of treating tooth-ach, at its commencement,

mencement, as will not only be generally safe, but as will also be likely to render farther assistance unnecessary, is all that can be here attempted.

Should a tooth, which, on examination, appears to be perfectly sound, be affected with excessive pain ; it will be proper, as soon as possible, to put the feet and legs into warm water, in which they may remain about a quarter of an hour. After this, the patient should go into bed, securing on the pained side of the face, a piece of doubled flannel, wetted with any spirits, made warm, by being held in a saucer over the flame of a candle : he should also drink freely of warm barley-water, or of any other diluting drink ; and endeavour to excite perspiration, as speedily as possible, by breathing under the bed-clothes, &c. Should the pain still continue, leeches may be applied externally, near the angle of the jaw, and, a blister also may be applied behind the ear.

If the tooth is considerably decayed, a doffel of lint dipped in the tincture of opium, or a small pill of the opium pill of the shops, may be introduced into the cavity, and occasionally renewed. If this simple, but frequently efficacious, plan should fail, application must be made to some surgeon, or skillful dentist.

TEETHING.

It was originally my intention to have allotted one part of this work, entirely to the diseases of children, and to observations respecting their clothing, diet, &c. But, on considering how fully and ably their diseases have been treated by Dr. Underwood, and that Dr. Buchan has announced his intention of publishing an essay, *On the Duties and Office of a Mother*, (a work which, from the attention the Doctor has paid to this subject, cannot fail to be in the highest degree useful,) I resolved only to intersperse such detached observations, on the diseases of children, as appeared likely to be most particularly interesting. The mischiefs which arise from dentition being, most probably the consequence of the inflammation of the membrane investing the teeth, this appeared to be the most appropriate place for the introduction of these remarks on teething.

The complaints occasioned by dentition are numerous, and frequently highly dangerous ; feverish complaints, and inflammation of the lungs, and of other important parts, frequently arising from this cause. The two front teeth, in the lower jaw, are those which usually first appear ; and this, seldom before the fourth, or after the tenth, month. The two opposite ones in the upper jaw next appear ; and the remainder in irregular succession.

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The symptoms of dentition are, swelling, redness, and spreading of the gums ; flushings of the cheeks ; and flavering from the mouth. Sometimes eruptions appear on various parts of the skin, and generally the bowels are disordered, and the stools increased in number. The child is employed, almost constantly, in endeavouring to mitigate his pain, by biting any substance he can thrust in his mouth. The urine suffers various changes, sometimes coming away quite pale, and at other times high coloured ; and depositing, sometimes a thick white, and at other times a reddish, sediment.

The symptoms already described, are those which occur in cases of easy dentition ; but with difficult and painful dentition, symptoms arise which are not only dangerous, but are often such as the experienced only can trace to their real cause. Such are, various spasmodic affections, violent convulsive fits, cough, shortness of breathing, and acute fever.

When the first described set of symptoms begin to appear, care should be taken, that the child's bowels are kept rather open, and that his food be rather lightened, both in quantity and quality. Exposure to the air should be continued, nearly as much as in perfect health ; but the skin should be guarded from the effects of much cold. But should
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any of the latter-mentioned symptoms appear, a free incision should be made down to the tooth, which is painfully wounding and distending, not merely the gum, but the irritable membrane which immediately invests the teeth until their protrusion.

Far is it from my expectation, that I should be able to add a single argument to those which have been already employed by others, for the purpose of procuring a more ready submission to this safe, useful, and often absolutely necessary, operation. Induced, however, by the hope, that I may chance to place the circumstances in a different, and perhaps stronger light, I will just call your attention to the state of the parts, and to the actual effects of the operation. I will then leave it to you to determine, not merely whether, having it in our power to remove them, the actual torments of the child ought to be permitted, because the parent shall not be teized with sentimental and sympathetic feelings for the fancied sufferings of his child, under an operation absolutely not so painful as the scratch of a pin. No ! the question on which you shall be called to decide, is one of a much more serious nature.

When the teeth have acquired that size and form which nature intended, they are pushed forward, distending the membrane which invests them, which,

with the gums, become inflamed and very sensible. In cases of easy dentition, these however soon yield, and the teeth are protruded without much difficulty. But in cases where the cutting of the teeth is much protracted, the inflammation and the sensibility of the gums, and of the membrane investing the tooth, are very considerable, and, in this state of extreme tenderness, become tightly stretched over the sharp points of the subjacent teeth, necessarily producing exquisite pain, which is sufficiently manifested by the frequent shrieks, and almost constant cries of the poor child. If these distressful appeals for help fail of exciting the parents to the adoption of efficacious means of relief, fever, convulsions, and death, soon ensue. But if, attending to the plain language of nature, they permit the painfully stretched parts to be entirely divided, the inflamed gums and membrane immediately recede, the inflammation goes off, the pain ceases, and the tooth sometimes immediately protrudes.

Now say, in those cases where this operation is so directly demanded, as the price of the life of a child, can a parent withhold it without subjecting himself to the charge of ———? But much more guilty are those, who actually entice the unhappy mother to devote her child to the sufferings I have just described, and even to death itself, by occasioning her reliance on means totally incapable of
yielding

yielding the smallest relief. Such are the various forms of neck-laces, by which these persons pretend, that the speedy and easy cutting of the teeth will certainly be obtained.

So little pain is occasioned by lancing the gum over the distending tooth, and such immediate relief is often derived from it, that it frequently happens, that a child, who, the moment before, appeared to be in great agony, will bestow a grateful smile, the instant the incision is made; and if, as sometimes happens, the gum grows again over the tooth, will not only cheerfully submit to the operation, but even appear to solicit it.

I have been more earnest in urging parents to permit this little operation, fearing that the assertion of Dr. Buchan, that “With regard to cutting the gums, we have seldom known it of any great benefit,” may have, not a little, kept up that repugnance in parents to the operation, with which medical men so often have to combat. Against this assertion I am unwilling to oppose my own opinion alone, and shall therefore offer to your notice the declarations of one, whose authority, in this instance, is not likely to be disputed. “I am convinced from experience, that this little operation is often inexpressibly useful, and appears to have saved many lives, after the most dangerous symptoms had taken place, and every other means
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of cure had been made use of.—I have seen the like good effects from it, when children have been cutting a number of teeth in succession, and have bred them all with convulsions; nothing having relieved or prevented these terrible symptoms, but lancing the gums, which has removed them every time it has been done, one or more teeth appearing a day or two after each operation.”* Similar remarks have been made by Mr. John Hunter.

Dr. Buchan farther says, “In obstinate cases however, it ought to be tried. It may be performed “by the finger-nail, the edge of a sixpenny piece “that is worn thin, or any sharp body which can “be with safety introduced into the mouth; but “the lancet, in a skillful hand, is certainly the most “proper.”

The concession that *in obstinate cases* it ought to be tried, will, I suspect, have but little power in overcoming the aversion to the operation; when it is considered, that the immediately preceding sentence contains the assertion, that *it has seldom been known to be of any great benefit.*

The mode in which Dr. Buchan says it may be performed is in every respect objectionable; but particularly

* Treatise on the Diseases of Children, by Dr. Underwood, vol. i. p. 328.

particularly on account of its inefficacy, and of its inducing parents to rest satisfied with the operation so imperfectly performed, as not to afford the child a probability of relief. Dr. Underwood observes, “When it is found necessary to lance the gums, it should always be done effectually, with a proper gum lancet, and not with a needle, a thin six pence, or such like instrument, which will not sufficiently divide the gum, nor the strong membrane that covers the teeth.”*

Besides lancing the gums, other remedies will be required; but as these must be adapted to the different symptoms which arise, it is hardly possible to point them out here.

Soreness and slight ulcerations behind the ears, frequently occur to children, during the time of dentition; and will even continue, for some time, not only without injury, but even with advantage to the child. In such cases, little more is required, than to keep the bowels in a regular state, to keep the fores clean, and covered with a fold of lint, which has been made to imbibe a very small quantity of oil of almonds. Sometimes these ulcerations will be covered with gangrenous sloughs, and will spread into deep sores, extending to the sides of the neck. Here, it will be sufficient to say, that
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* Treatise on the Diseases of Children, vol. i. p. 227.

the disagreeable scars, which are sometimes left by these sores, render the complaint sufficiently serious, to require the greatest judgment in prescribing the appropriate external, as well as internal remedies ; and therefore ought never to be trusted to the entire management of a nurse.

PNEUMONIC INFLAMMATION,
OR
INFLAMMATION OF THE LUNGS.

INFLAMMATION of the membrane which is spread over the cavity of the chest, and on the *viscera* it contains, is discovered by pain in the affected part, difficulty of breathing, cough and fever.

Whether the inflammation possesses any of the viscera themselves, or the membrane which invests them and the whole surface of the cavity, is very difficult to be ascertained. This, however, is not of much consequence ; since the mode of treatment, at least, in the commencement of the attack, would in each of these cases, be very little different from each other.

In general, the disease commences with shivering, to which considerable heat succeeds : the pain coming on and increasing with the heat. In some cases,

ses, the fever will exist for some hours, before the pain and difficulty of breathing become very troublesome ; and sometimes the pain and difficulty of breathing will be very considerable, although little or no alteration in the state of the pulse, or the temperature of the body, takes place.

From this circumstance arises a very considerable degree of ambiguity, which will demand, even from those who are accustomed to watch the rise and progress of disease, the most careful investigation ; and must undoubtedly render it utterly unsafe to trust to the judgement of the unexperienced.

It is very evident, that the seat of the inflammation, and consequently of the pain, may vary in different cases ; sometimes occupying the middle part of the chest, beneath the breast bone, extend to the back between the shoulders. In these cases, the seat of the disease is, most probably, in the mediastinum, which makes the division between the two sides of the chest.

Sometimes the pain extends from the pit of the stomach, all round the body. The diaphragm, in this case, may be supposed to be inflamed.

When with fever, there exists a pain in the region of the heart, great anxiety, difficulty of breathing,
cough,

cough, irregular pulse, palpitation, and fainting; the inflammation may be supposed to possess the heart itself, or surrounding membrane.

Pleurisy, as it is generally, and not improperly, termed, is the most common form, in which this disease makes its attack. An excessively sharp and pungent pain, in this case, seizes the side, between the sixth and seventh rib, and is, in most cases, either accompanied, or succeeded, by a considerable degree of fever, and a full, hard, and quick pulse; the urine being also, at the same time, exceedingly high colored. The pain, commonly, is not confined to one spot, but darts from the side towards the breast bone, or back, and sometimes extends itself, with a particularly distressing aching pain, towards the collar bone.

Those who are of a robust habit, and of a florid complexion, are most disposed to attacks of this disease. Males, from their greater strength of fibre, and from their being more exposed to the exciting causes, are more subject to this malady than females. Young persons are more liable to it than the aged: and those who indulge much in eating, particularly of animal food; as well as those who have suffered a suppression of some habitual discharge, by having a fulness of blood produced, frequently suffer from it.

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The exciting causes of this disease may be, full meals of viscid and stimulating substances, such as smoked and salted meats, joined with spices ; drinking freely of fermented or spirituous liquors, violent and long continued exercise, exposure to damp and cold air, when the body has been previously heated, and the sudden transition from extreme cold to heat.

The terminations of this disease, like other inflammations, may be, by resolution, suppuration, or gangrene ; besides which, it has a termination peculiar to inflammation of the lungs, which is, an effusion of blood into their cellular substance, which interrupting the circulation of the blood and respiration, soon produces suffocation ; an exudation on the surface of the pleura, has been found, by dissection, frequently to have taken place.

For the cure of this disease, large evacuations are required : that which is particularly beneficial, is the taking away of blood in a considerable quantity, and from a large orifice, from the arm, and even, in some cases, leeches or scarifications may be used, for the purpose of topical bleeding.

Instead of proceeding to detail particularly the mode of cure in a disease, in which the consequences of failure are so truly dreadful, and in the treat-

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ment of which so much knowledge and discernment are required ; I will offer a few words of advice, suggested by the mention of the first measure necessary to be adopted in the endeavour to obtain a cure. Bleeding, it has been remarked, is necessary in this disease ; and frequently is this indicated to such an extent, as to excite alarm among the friends of the sick, who will too frequently remonstrate against what they will term, a farther waste of blood. Let the consequence of this conduct be considered. The physician must either persist in obtaining a compliance with his prescription, and submit to all the consequences of scandal and misrepresentation, in case of a fatal termination ; or, prompted by too much tenderness for his character and reputation, he may concede to the fears of the patient's friends, and that which was necessary to the patient will be omitted. As a physician, it may be said, would never give up a point, on which the life of his patient depended, no real injury can result from this opposition. But surely it will be allowed, that the man must possess a considerable share of fortitude, who will persist in demanding an exact compliance, in a case which, if all be done that art can do, may terminate in the death of the patient ; and where the friends of the sick say, but in other terms, What you insist on shall be adopted ; but if the patient die, you must expect

expect all the obloquy, that can be heaped upon you.

In no disease is a strict abstinence more necessary, than in this ; since, in proportion to the nourishment taken in, will be the increase of the blood, and consequently of the disease. Nothing but watery drinks, as toast and water, barley-water, pectoral drink, bread tea, &c. rendered pleasant by the addition of the mildest vegetable acids, ought to be allowed, until the violence of the disease is subdued ; nor then should the lighter kinds of nourishment, as panada, &c. be allowed, but in the most cautious manner. The drinks may be taken frequently, but in small quantities at a time, and never entirely cold.

If the disease is not removed by the first attempts, especially if two or three days of its duration have elapsed, symptoms, so ambiguous in their appearances, occur, as to require the greatest nicety in determining to what the indications point. Frequently it will be found necessary to repeat the bleedings several times, and that even in the first hours of the disease ; but sometimes, when the urgency of some of the symptoms may seem to indicate this repetition, other circumstances may occur, which may take away from the clearness of the indication, and even seem to contradict it. Sometimes this disease terminates by expectoration, with respect
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to which much judgment is necessary since, where this proves to be the case, the future safety of the patient will depend upon properly encouraging and regulating this discharge. Sweating, although sometimes recommended, as proper to be promoted very early in the disease, yet we are taught, by a very great authority, that it ought not to be excited by art, unless with much caution. Much nicety is required also in the management of the cough, which often, by its severity, very much distresses the patient, often occasioning a considerable aggravation of the pain, and want of sleep. The exhibition of opiates will mitigate this troublesome symptom; but it ought also to be known, that given in certain stages of the disease, and without certain cautions, they will not only impede the cure, but prove injurious in a very high degree.

Convinced of the difficulty in conducting this disease to a cure by any but professional men, I have intentionally avoided the task of directing the management of the disease through its whole progress. In consequence of that ambiguity, in which, it has been before observed, the symptoms are often involved, little benefit could arise, in a work of this kind, from the enumeration of the various remedies which different circumstances require; since even the existence of these particular circumstances is not always discoverable, at least by domestic practitioners.

titioners.* An error in the treatment of this disease might be succeeded by the most fatal consequences ; since, if the patient should escape sudden suffocation, from an extravasation of blood in the cellular substance of the lungs, it is yet to be feared, lest suppuration should take place, and the unhappy patient suffer the lingering miseries of an incurable consumption.

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* Dr. Buchan, after enumerating the remedies proper in this disease, says, "We have mentioned different things, on purpose that people may have it in their power to choose ; and likewise, that when one cannot be obtained, they may make use of another. Different medicines are no doubt necessary in the different periods of a disorder ; and where one fails of success, or disagrees with the patient, it will be proper to try another." But in a disease so dangerous in its nature, the vague and desultory practice of domestic medicine must be very hazardous. For, as is well observed by Dr. Duplanil, who has translated Dr. Buchan's Domestic Medicine into French, and has added to it some excellent notes, in his observations on this passage of Dr. Buchan's, "Cependant, nous ne pouvons disconvenir que quelque simple que soit cette marche, elle demande une attention dont tout le monde n'est pas capable, on a donc raison de dire que si la regime est susceptible d'être administré par tous les hommes, les remèdes ne doivent l'être que par les personnes les plus prudentes and les plus éclairées."—"Nevertheless, we cannot deny, that however plain this path may be, yet it requires such attention as every one is not capable of giving. It may therefore with propriety be said, that although the diet may be administered by any one, yet medicines should not be prescribed by any but the most cautious and well informed."

One observation more must be made, whilst on this subject, since there is not a doubt, that an attention to it may occasion the saving of many lives. It is to be remarked, in the history of this disease, that in some cases very little change is perceptible in the state of the pulse, or the temperature of the body ; and that the pain also may be but inconsiderable, giving an idea to the patient, rather of oppression than of pain ; so that, excepting the difficulty of breathing, which may be referred to many other causes, the patient will have few or no marks, by which he can be led to suspect the nature of his complaint, and the danger of his situation, until he is out of the reach of help. It too frequently happens, that physicians are called to the assistance of those, who will say, that having experienced little or no inconvenience, excepting a little difficulty in breathing, they had waited with the hope of its going off without any medical aid ; and too often it is found, that the insidious disease has, in that time, injured the constitution irreparably.

In every case, where the breathing becomes changed from its natural state, without any evident cause, a morbid change of the lungs may be reasonably suspected ; and as this can never happen without endangering the life of the patient, the best advice should be obtained, and as early as possible.

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Great care must be taken, after recovery from this disease, that a relapse is not produced : the sparest diet should therefore be used, the inclemencies of the weather carefully guarded against, moderate exercise employed, and the chest protected from the action of cold, by constantly wearing a flannel waistcoat next the skin. All those circumstances described as causes of this disease should be carefully avoided.

INFLAMMATION OF THE LUNGS IN CHILDREN.

The present section is written with the eager hope of calling the attention of parents to the first appearance of inflammation of the lungs in children, since its first attack is, in general, made in so insidious a manner, that little or no alarm is excited ; and the ravages of the disease are permitted, until they exceed all probability of restraint. Indeed, the number of children lost by neglecting to oppose this malady on its first appearance, must very far exceed the conjecture of any one who has not had the opportunity of witnessing the many deaths from this cause.

The first symptom discoverable in children, is, in general, a slight degree of feverish heat, which,
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in the course of a few hours, increases, and is soon accompanied by a quickness of the breathing. This, however, is often hardly observable, requiring, even from those who are accustomed to witness this disease, very nice attention to determine, whether the respiration is morbidly increased or not. If the disease still eludes the attention, and proceeds in its course, the heat increases, a short, dry, hard, cough comes on, and the respiration is not only more quickened, and becomes more laborious, but is performed with a rough whizzing sound. The child is now in a considerable degree of danger; but if, warned by this last symptom, immediate assistance be obtained, it may probably yet be saved. Should this strong notice of danger pass unheeded, and the means of relief be longer deferred, every exertion may be made in vain, and the child, after the severest struggles, die in the course of a few more hours; or gradually fall into one of the most distressing states which a parent can witness—a gradual decline.

Quickness of breathing, slight cough, and heat of the skin, in children, should therefore be always regarded as symptoms demanding immediate investigation. Since, although they may sometimes occur without danger, they most frequently will be found to mark the existence of this alarming malady.

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When, therefore, these symptoms are met with, under the circumstances above mentioned, the disease appearing to be manifest, and proper advice cannot be directly obtained, a leech or two, according to the age and strength of the child, should be put on the fore part of the chest ; the child should then be immersed in a warm bath, up to the middle, or even to the arm-pits, from ten minutes to a quarter of an hour ; and then wiped dry, wrapped in a blanket, and placed in bed ; a blister should be applied to the chest, cloths should be properly disposed to absorb the blood, which it is to be hoped will continue to flow, and frequent warm sippings, such as milk and water, barley-water, &c. supplied, so as to produce a copious flow of perspiration. Generally, if these means be adopted, at this stage of the disease, the breathing will, in an hour or two, diminish in frequency ; and, in about ten or twelve hours, easy, natural respiration will return.

I have purposely avoided mentioning the employment of medicine, in these cases, since though these may be serviceable in the highest degree, when administered with a due attention to every circumstance ; yet, as it would be impossible to deliver satisfactory rules for their exhibition, in all the cases likely to happen, I have thought it right their use should be deferred, until due advice can be obtained. I must, however, add a word or two more respect-

ing some of the means already specified, to prevent any error in their employment, by which we might be deprived of the advantages we expected from them. Much care is necessary, that the water of the warm bath should be nicely adjusted in its temperature ; by its effects being first tried on the usually uncovered part of the arm of the parent or nurse : employing it only of such a degree of heat, as may be thus borne pleasantly. On the one hand, should it be of a lower temperature than this, a sudden chill would pervade the system, and every symptom be immediately aggravated. So, on the other hand, if, deceived by the heat of the water, having been only tried by the hand, or by that part of the arm which, by constant exposure, has become insensible to small variations of heat and cold ; and not imputing the cries of the child to their real cause, the too great heat of the water, the child be kept in water of too high a temperature, it will come out of the water with the fever and other symptoms considerably augmented, and instead of perspiration succeeding, the skin will become more parched than ever, and inflammation will be urged on with irresistible rapidity. In one instance, of which I have been credibly informed, a child was actually so scalded, by want of due attention in this process, that blisters arose in several parts of the body, during the few hours the child survived.

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Some caution is also necessary, in the application of the blister to the stomach ; since, if so placed, that the blood, proceeding from the wound made by the leech, be allowed to insinuate between it and the skin, it will be found, when, perhaps, it is too late for its removal, that it has entirely failed, a coagulum of blood having completely defended the skin from its action.

It does not unfrequently happen, that parents, though warned of the danger which awaits a child ; and repeatedly advised to adopt the proposed remedies, will not allow themselves to be convinced of the necessity of employing such violent means, as they will term them, for the removal of what they will also term, a trifling ailment.

It will, by many, be hardly credited, that from the circumstance of deferring to send for medical aid until towards the evening, the lives of many children are lost. The child appears rather unwell in the morning, the breathing becomes short in the course of the day, the feverishness and cough also increasing ; and at the arrival of evening, fearing a disturbed night, the family apothecary is sent for, to provide a little draught to ensure a good night's rest. Struck with the dangerous situation of the child, he endeavours to communicate his just fears and anxiety to the parents ; but however surprising
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it may appear, his admonitions will often be listened to with incredulity, and even with unjust suspicion. It appears to the parents, that too much is about to be done ; the plan proposed, they observe, is very inconvenient, especially at that time of the evening. They therefore either plainly say, they shall wait 'till morning ; or they promise to employ the means, and afterwards change their minds ; so that, when visited in the morning, the child is perhaps found so much worse, as to render the probability of success, from even the most appropriate means, very doubtful. It is not in this disease alone, that this fatal obstinacy of parents is found : every apothecary must have repeatedly met with it, in those diseases, in which the symptoms are not of such a nature as to alarm the ignorant, and where the curative means are attended with any trouble, out of the ordinary way ; especially, too, if application for advice is deferred until the evening : which, putting all consideration of the ease or comfort of medical men out of the question, and considering only the benefit of the patient, and the convenience of those around him, ought never to be done.

PULMONARY CONSUMPTION,
OR
ULCER OF THE LUNGS.

THE characteristics of this disease are, hectic fever, cough, and a spitting, chiefly composed of matter.

A consumption may succeed to catarrh, asthma, inflammation of the lungs, and spitting of blood : it may also proceed from tubercles formed in the lungs. Sometimes it is induced by a general affection of the system : most frequently it is accompanied by a scrophulous habit ; and sometimes it is a consequence of the venereal disease, the measles, or the small-pox.

Those artificers who inhale great quantities of dust from the bodies which are the subjects of their operations, such as leather-dressers, flax-dressers, &c. are said to be particularly liable to this malady. The persons most disposed to this disease are those of a fair complexion, florid cheeks, slender make, narrow chest, prominent shoulders, and a long neck.

The first appearance of the disease will vary in different cases ; this variety depending, in a great measure, on the nature of the preceding disease. The most constant symptom, however, is a cough, by which phlegm is frequently thrown up : this phlegm becomes, by degrees, more thick and opaque, resembling

resembling matter ; of which, at length, it becomes almost entirely composed. The breathing is, in general, from the first, short and laborious ; and accompanied with a tightness across the chest, as though the chest was confined with a cord. Sometimes painful stitches are felt in various parts of the chest ; and, almost in every case, the patient's breathing is rendered worse by laying down in bed. It frequently also is observed, that much greater inconvenience is experienced by laying on one side, than on the other. The cheeks are often flushed, and a heat is felt in the palms of the hands and soles of the feet, which increases as the evening comes on. After a little time, this heat becomes more diffused, affecting the whole system with febrile symptoms ; these generally come on about the middle of the day, being commonly preceded by a slight rigor or chilliness ; and, after continuing two or three hours, subside, but return as the evening advances. The heat and thirst then becomes excessive, the breathing is quicker and more laborious, the cough more frequent and dry, and the discharge of phlegm lessens, as the heat increases. In this restless and distressed state, the patient passes his nights. As the morning appears, a profuse sweat generally comes on, which, after continuing an hour or two, gradually goes off, leaving the patient in a very languid state.

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The disease, in some cases, will remain nearly in the same state, for several weeks, or even months ; the symptoms, all this time, increasing very slowly ; and the patient alternating between hope and despair, the former, however, in general preponderating. In other cases, the disease proceeds more rapidly, the spit increasing very much, and becoming of a thicker consistence, and mostly of a yellow colour. As the disease becomes more inveterate, the spit acquires a greenish hue, the fever increases, and the sweats become exceedingly profuse. The patient is, at this period of the disease, considerably wasted, his nails curved inwards, his feet and legs swollen, his countenance ghastly, the eyes appearing to be sunk in their sockets, the jaw-bones appearing more elevated than natural, and a crimson glow frequently appearing on the cheeks. In this state the patient does not continue long, before apthous ulcers in the throat and mouth, or a frequent colliquative purging, shews, that the fatal termination of the disease is near at hand.

No period of life, from childhood to old age itself, is exempt from this disease ; but the most frequent subjects of it are, the young and the middle aged.

The treatment of this disease must, even at its commencement, differ very much in different cases :
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this variety of treatment chiefly depending on the nature of the preceding, or accompanying disease. Besides this, it is obvious, that a difference in the treatment must be required, according to a period of the disease at which the cure is attempted. To obtain benefit from medicine, in this disease, much judgment is required to be exerted ; since very evil consequences may follow the use of a medicine at one period of the disease, which, if used at another, might prove of the greatest benefit. On the part of the patient, is required the strictest regularity; and most earnest perseverance ; since the best calculated means can have but little chance of effecting any considerably beneficial change, unless persevered in for a considerable time.

From medicines alone, there is, however, but very little to be hoped for, in this disease ; their effects must be seconded by a strict attention to various circumstances, in the patient's mode of living ; such as his diet, exercise, clothing, &c. Of such importance, in the cure of this disease, is a careful attention to these circumstances, that the probability of recovery would be much greater, in trusting entirely to a due regulation of these, than to medicine alone.

As medicine can only be trusted to, in this disease, when in the hands of medical men, and as a
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proper regimen, is essential to the cure, and depends so much on the patient himself, and his attendants, I shall dwell more fully on this article.

The diet should be composed of such things as are sufficiently nourishing ; and as are likely, by their mild and antiseptic nature, to correct any prevailing acrimony, and diminish the disposition to inflammation. The loss of flesh, and the extreme languor which generally takes place, too frequently induce the friends of the sick, with the hope of recruiting his impaired vigour, and wasted habit, to supply him with food of the most highly nourishing kind, with wine, and even spirituous liquors; and this, especially, when long indulged habits render the demands of the patient importunate. But as the cases are very rare indeed, where these indulgences will not aggravate every symptom, and accelerate the fatal termination of the disease ; they must not be permitted on every weak and trifling argument, which the patient may adduce.

This caution is the more necessary, since, where inclination is strong, reasons, light as air, are produced as the ostensible motives for a deviation from the rules laid down by the physician : but the friend, or the physician, who, through too much complaisance, allows any weight to such arguments, by no means fulfils his duty.

Dr. Buchan, when treating of the regimen in this disease, says, "We do not, however, advise those, who have been accustomed to animal food and strong liquors, to leave them off all at once." But I cannot help suspecting, that this advice, in a work addressed to patients themselves, may frequently prove injurious, by allowing too great a latitude. For although the Doctor, aware of the ill consequences of neglecting a due attention to regimen ; and doubtlessly with a view of preventing the evils which improper indulgences may occasion, recommends, at first, wine to be drank diluted with twice or thrice its quantity of water ; yet as wine generally turns sour on the stomach of those who are devoted to the pernicious custom of drinking spirituous liquors ; it is much to be feared, that such persons will be likely to presume on this advice, of *not leaving them off all at once* ; and will substitute, for the wine, a little of that to which they have hitherto been so much accustomed. There appears to me two powerful reasons, why this change should be undertaken, resolutely, at once. In the first place, as the cure of the disease depends on a certain change being made in the constitution, the more expeditiously this change is brought about, the greater the probability must exist of its effecting a cure. Since, during the time occupied by the endeavour to produce a gradual change, the chance
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of recovery may be entirely lost, by the accumulated forces the disease may obtain. In the second place, there is little or no chance of favourite habits being overcome in this gradual manner : the only mode of obtaining a victory, being by a resolute and firm resistance ; every little indulgence allowed, like ground yielded to an enemy, tending, in general, to lessen the power of opposing his attacks. Dr. Cadogan, when pointing out the necessity of a similar abstinence, in gouty persons, and the disadvantages of attempting to do it by degrees, very justly observes, “ But the danger of attempting it in this “ manner is, that it will never be done ; and, like “ a procrastinating sinner, he will for ever put off “ his penitential resolution ’till to-morrow. If he did “ it all at once, I would be hanged if he died of the “ attempt ; he would be uneasy for three or four “ days, that’s all.”

The argument for good living, which in this case is commonly adopted by patients, and their friends, is induced from the weak state which accompanies the disease ; and from observing the restorative effects of highly nourishing food, in those cases of temporary defection of strength, produced by long fasting, violent labour, or long continued exercise, of any kind ; thence they suppose, that no method is so likely to remove the patient’s extreme languor ; as the supplying him, freely, with those things, which

which in health appear to be the source of strength and vigour. As it cannot be expected, that the directions of physicians will be implicitly obeyed, when the opinion of the patient and his friends immediately militate against them ; the pointing out the fallaciousness of those opinions becomes necessary. This failure of strength, and wasting of the body, then, it must be understood, do not proceed from a deficiency of aliment, but are the necessary consequences of a diseased state of the system ; and are only to be remedied by altering that peculiar state : until this be done, no advantage will result from any extraordinary supply of food.

The necessity of thus regulating the patient's food, is rendered obvious, by the farther consideration, that soon after every meal, the hectic fever, the constant attendant on this malady, is always, for a time, augmented ; the increase being greater, when the food is highly nutritive and stimulant, but less, when it is light and mild.

The diet must, therefore, almost entirely, consist of milk and vegetables ; by blending which, an agreeable variety may be obtained. For breakfast, the patient may have milk, fresh from the cow ; or, if it should prove offensive to the stomach in this state, it may be deprived of its cream. With the milk, may be eaten biscuits, or toasted bread, either dry, or spread with honey, or the jelly or marmalade of fruits.

Dr.

Dr. Buchan says, "If it (the milk) should, notwithstanding, prove heavy on the stomach, a small quantity of brandy, or rum, with a little sugar, may be added, which will render it both more light and nourishing." The late Dr. Fothergill very justly observed, "There is one usual addition made to milk, which, I think, should be either wholly proscribed, or the most express directions given concerning it, I mean the common addition of brandy or rum to asses or cows milk."—Ardent spirits, he observes, occasion the milk to disagree, and augment the disease.

Boiled bread and milk, water-gruel, and milk-pottage, are very proper ; and, if more agreeable, may be substituted for what has been already recommended. For dinner, a tolerable extensive range may be afforded the patient, in the various fruits, and other vegetable productions of the season. Apples dressed in different ways, turnips, asparagus, lettuces, dandelion, potatoes, parsnips, rice boiled into a pudding, either alone, or with the addition of an egg and milk, and puddings of various kinds, form a bill of fare, within the bounds of which, no one, surely, will refuse to confine himself, when it yields him almost the only chance of a restoration to health. For supper the patient may have salop, sago, tapioca, panada, or any of those articles which have been recommended as proper for breakfast.

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The drinks through the day may be, butter-milk, sweetwort, asses milk, goats milk, barley-water, pectoral drink, &c.

I mean not to assert, that animal food is, in every case, to be strictly prohibited, or to deny that there may be cases, in which its use may be advisable. But these are situations which are only to be pointed out by a thorough knowledge of the disease, and of the general state of the system.

The kind of exercise, and the degree to which it is used, at the commencement of this malady, must depend on the manner in which the first attacks were made. Thus, if it has been preceded by spitting of blood, or by considerable inflammation of the lungs, the exercise employed must be of the gentlest kind. But when the disease is produced by a long continued cough, or repeated catarrhs, exercise may be used to a greater extent. The necessity of this difference exists, however, only in the first stage of the disease; for after the disease is once formed, the same rules for exercise will be proper in almost every case.

A general maxim for the regulation of exercise in this disease is, that it be never employed to such a degree, as that the heat of the body be much increased by it, or that it induce much fatigue.

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As the chief intention of exercise, in this disease, is to obtain the application of pure and fresh air to the lungs, it is evident, that the kind of exercise, most likely to answer the intention, is that by which the patient is conveyed from one place to another, such as walking, riding, sailing, &c.

Walking, in consequence of its quickening the circulation of the blood, and so soon inducing fatigue, is the kind of exercise least likely to prove beneficial in these cases, and must be had recourse to with great caution.

Riding on horseback, is an exercise, in many respects, much preferable to walking ; as the patient is, by this means sooner conveyed into a more pure and salubrious atmosphere, and is, at the same time, able, by regulating the pace of his horse, to adapt his exercise to his strength, and to his ability of bearing it. But the exercise of riding, as well as that of walking, requires some exertion on the part of the patient, and therefore is not admissible, except with the greatest caution, in those cases where there exists a suspicion of inflammation, or impending hemorrhage.

In those cases where the exposure to the open air is necessary, but where weakness, or any other circumstance, renders it necessary that this should be done with the least possible exertion, recourse must

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be had to the conveyance of a carriage ; which may be more or less open, according to the mildness or inclemency of the weather.

The mode of conveyance, which is to be preferred to all others, when no injury is likely to be induced by the violent exertions attendant on sea-sickness, is that of sailing ; since here the patient may enjoy the benefit of a succession of fresh and salubrious air, whilst the body is exercised in the most regular and equable manner ; at the same time, the patient may farther exercise himself, to the degree that his strength will admit, and his case require.

Where the benefit of sailing, or of a carriage, cannot be obtained, and where the exercise of walking or riding on horseback, is not admissible, swinging is a mode of exercise which may be employed with the greatest safety and advantage.

It is not sufficient that the patient breaths air that is fresh, and untainted with noxious vapours ; it is also necessary, that the atmosphere, to which he is exposed, be temperately and uniformly warm. At the approach, therefore, of cold weather, the patient should remove to a warmer climate ; varying the situation, according as the vicissitudes of the seasons may render it necessary. The advantages to be derived from a change of climate, in these cases, are so great, that, when joined with due restrictions

restrictions as to diet, it sometimes accomplishes a cure, in cases where medicine alone would have been of no avail.

It has been remarked, that the inhabitants of this island are particularly liable to this disease ; and this has been said to be owing to the frequent and sudden changes in the weather, and the almost constant predominance of moisture in the atmosphere. A removal to a more temperate climate, where the transitions of the weather are less considerable, and less sudden, is therefore particularly necessary, for such as have reason to apprehend even a disposition to this disease.

Air, extremely pure, is not, however, in this disease, always proportionally salubrious ; on the contrary, it has been found, that, in some cases, advantage has been obtained from breathing an atmosphere more impure than the common atmospheric air.

Experiments shew, that the atmospheric air contains two different airs ; the one termed *vital* or *oxygen* air, which supports respiration and combustion ; the other called *azotic* air, in which combustion soon ceases, and animals quickly die.

An animal being confined under a glass, with a certain quantity of atmospheric air, will soon die :

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and the air remaining in the glass being examined, it will appear, that the *oxygen* is consumed, and that the glass now contains *azotic* air, and *fixed*, or *carbonic acid* air. Experiments also prove, that this change has been thus effected—the blood, which arrives at the lungs of a dark colour, parts with the *carbon*, or charcoal, it contains, which, uniting with one part of the *oxygen*, forms the *carbonic acid* air. Another part of the *oxygen* unites with the *hydrogen* or *inflammable* air, which is separated from the blood, and with it forms the humid vapour that issues from the mouth. The other part of the *oxygen* is imbibed by the blood in the lungs, which it renders of a bright red colour. Thus absorbed, the *oxygen* becomes a general stimulus to the whole animal system.

Possessed of this knowledge, several intelligent physicians have employed the two constituents of atmospheric air, in various proportions, in different diseases. By this they have discovered, that by breathing an increased proportion of *oxygen*, the insensible perspiration is increased, digestion is quickened, the animal heat and the muscular powers are increased, and the respiration rendered easy; and that by breathing air in which *azotic* air prevails, febrile heat is moderated, and morbid action, especially in the finer vessels of the lungs, is restrained.

Oxygenated

Oxygenated air has been successfully employed in putrid fever, asthma, dyspnœa, chlorosis, dyspepsia, ulcers of the leg, scurvy, and other diseases, by Drs. Beddoes, Thornton, Carmichael Smyth, Darwin, Ferriars, Pearson, &c. *Azotic* air, and chiefly air termed the *hydrocarbonate*, has been successfully applied, by the same gentlemen, in pleurisy, croup, catarrh, spitting of blood, and even in consumption.

Hence, then, it appears, that so far from a removal into the pure air of the country, being indicated in every case of consumption; that cases must often occur, (those where inflammation prevails,) in which the air, even of a crowded city, may be preferable.

Pulmonary consumption is a disease, to which those who are afflicted with a scrophulous habit are particularly disposed; and is, undoubtedly, very frequently the consequence of such a diseased habit, where, however, there may not be any other very obvious mark of its existence. The benefit arising from the sea air, in scrophulous cases, is well known, and points out another reason for preferring sailing to any other exercise, or mode of conveyance. Still, however, remembering, that if the patient be liable to very violent exertions from sea-sickness; and cannot, by proper accommodation, obtain an
entire

entire exemption from the injurious effects of cold and rain, more injury than advantage may follow from a sea-voyage.

In consequence of the application of cold and moisture to the skin, the innumerable vessels disposed on the surface of the body become constricted, and the blood is driven back on the internal parts ; inevitably occasioning additional injury to those organs, which are already diseased, and unable to bear an additional load. To prevent this from taking place, the utmost care must be taken in the choice of the patient's clothing, which should be so contrived, as to defend the surface from the action of cold, and, at the same time, support a free circulation through the extreme vessels. Flannel worn next the skin, is of the utmost service in these respects, since, by exciting a slight irritation on the skin, it occasions an increased determination of blood and heat to the surface ; by which the internal parts are, of course, relieved. Besides this, it allows the accumulation of heat to take place more abundantly on the surface of the body, than would be the case, if linen, or any other substance of a closer texture, were worn. Nor is it liable, if rendered damp by perspiration, to occasion cold chills, when re-applied to the skin, after having been a little separated from it ; a circumstance which cannot fail but take place, when linen clothing is worn next to the skin.

In

In those cases, where the irritation on the surface is not desirable, and where the perspiration is considerable, the fleecy hosiery will be found to be more pleasant and beneficial than the flannel.

The clothing must, in general, be light, but warm. The chest, in particular, should be well defended from the cold, and the feet from the damp.

By a strict attention to the above-mentioned directions, cases, which otherwise might prove fatal, may frequently be brought to a favourable termination. To expect success, however, it is necessary that these regulations be adopted in the early stages of the disease, and persevered in with the strictest conformity, for a considerable time.

INFLAMMATION OF THE STOMACH.

IN this distressful and dangerous malady, there is an acute burning pain in the region of the stomach, vomiting, and fever. Excessive thirst and restlessness also harass the patient. The pulse is small, hard, and quick, and the debility and languor exceeds that which accompanies almost any other case of inflammation. The breathing is performed with considerable pain, and the region of the stomach is extremely tender to the touch. If the disease is not subdued, hiccup, delirium, and convulsions, soon

soon come on, and with coldness of the extremities, and clammy sweats, point out that death must inevitably succeed.

Inflammation of the stomach may be occasioned by acrid, or hard and indigestible substances, taken into the stomach, and drinking extremely cold liquors whilst the body is in a heated state. It may be also produced by various internal causes, as well as those general causes of inflammation before recited.

Among the most powerful causes of this disease, may be considered the suddenly passing from a cold atmosphere into warm rooms. Of the evils which may be thus produced, I have indeed already spoken fully ; but the lesson cannot be too strongly impressed, and the following opinion, from so respectable an authority, ought not to be here omitted. Dr. Crichton, speaking of the evils arising from transitions from cold to heat, says, "It may be remarked, that almost all the cases of inflammation of the lungs or stomach, to which the common people of London are subject, arise from similar causes. Either they have been riding in carts, or on the tops of coaches, in very cold weather, and afterwards have come into a warm room, probably an alehouse ; or else they have been working for hours in drains, or in similar cold situations. While they
remain

remain in the cold, no symptoms of the disorder occur. It almost always commences when they get home.”*

The stomach may be affected with that species of inflammation termed phlegmonic, or with that which is of an erisypelatous kind. The history which has been just given, describes the progress of the former, which is an acute disease : the existence of the latter, is generally made known by the appearance of the following symptoms. In the beginning, a moderate degree of pain, and a sensation of heat, is experienced at the pit of the stomach. A nausea, and sometimes retchings, are produced by the taking any substance into the stomach; an increase of the pain always being excited, in proportion to the degree of acrimony which the substance possesses. As the disease proceeds, the pain commonly increases ; seldom, however, becoming exceedingly acute, but sometimes teizing the patient for a considerable time. Thirst, and a frequency of the pulse, are in general also observable ; but oftentimes the general state of the system will be very little affected. This kind of inflammation has been frequently known to extend into the throat, and even to reach to the internal surface of the mouth, and sometimes it has occupied successively the whole tract of the intestines.

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* Inquiry into the Nature and Origin of Mental Derangement, vol. i. p. 29.

The benevolent family practitioner will necessarily perceive, that such an affection of so important an organ as an acute inflammation of the stomach, is too replete with danger to allow him to attempt to conduct the patient through the whole course of this disease. A regular plan of cure is therefore not intended to be here delivered, but only such observations as may be likely to prove of benefit, and which cannot occasion any mischievous error.

A violent pain in the region of the stomach, with sickness and fever, should be always very seriously attended to ; and if regular medical advice cannot be directly obtained, the patient should be copiously bled from the arm, the bowels emptied by means of a clyster of water-gruel or weak broth, and a blister be applied immediately over the pained part. The patient should be immersed in a tepid bath, all his drinks should be given lukewarm, and the taking any thing possessing the least acrimony carefully avoided.

Should the disease be considerably mitigated by these means, yet the aid of the regular physician is absolutely necessary, as it will still require the utmost vigilance and care to prevent a relapse. Great danger would follow, if the patient, misled by a deceitful truce, should, by omitting a due attention to those things which may be beneficial or injurious

rious, occasion a return of the disease ; since the patient, weakened by the previous disease, and the remedies by which it had been removed, is but little able to support those evacuations which again become necessary.

When the disease is, to all appearance, entirely removed, the greatest care will be necessary for a considerable time afterwards, lest a relapse should be induced. For this reason, those circumstances which were enumerated, when speaking of the causes of this inflammation, must be studiously avoided ; particularly the passing suddenly into a much warmer or much colder temperature. A flannel waistcoat worn next the skin may prove highly serviceable, by defending the convalescent from those vicissitudes of weather to which he must necessarily be exposed.

In the other species of this disease, which is evidently more of a chronic kind, the length of its duration will always allow of application to the regular professor of the healing art ; which, in this complaint, ought never to be precluded by the experiments of the ignorant. This disease is always accompanied by extremely troublesome, and frequently by dangerous, symptoms ; and which, so far from decidedly pointing out the nature of the disease, are generally so ambiguous, that much skill

is required to detect it. Whenever, therefore, any one is attacked with complaints, similar to those laid down in the history of this disease, speedy application should be made for medical assistance.

During the process for the cure of this disease, and even for a considerable time afterwards, the same cautions are requisite, as were mentioned when speaking of the other species.

An affection of the stomach, in which considerable pain is experienced, from the confinement of air in this bowel, will not be easily distinguished, by a common observer, from inflammation. This is a distinction, which is, however, absolutely necessary to be made ; since the mode of cure required in the two cases are widely different. Should the patient, or his attendants, be misled, and have recourse to spirituous and aromatic liquors, in inflammation of the stomach, supposing the disease to be occasioned by an accumulation of wind, a fatal termination of the disease will be most rapidly produced.

The nausea and urgings to vomit, may be sometimes the cause of a mistake, pregnant with the greatest danger ; for upon a supposition that some offensive matter is contained in the stomach, an emetic is frequently given, which must necessarily be productive of a considerable increase of the inflammation.

INFLAMMATION

INFLAMMATION OF THE BOWELS.

AN acute, fixed, burning pain, with a considerable degree of tension of the belly, obstinate costiveness, hard and small pulse, with fever, are the symptoms which characterise this dreadful malady.

This disease commences, generally, with slight wandering pains in various parts of the belly ; but which generally become fixed, about the region of the navel. Soon after this, the pain becomes excessively violent, as though caused by the application of some burning substance to the bowels ; the belly becomes swelled, tense, and extremely tender to the touch ; the tongue is parched, and of a dark brown colour, and the thirst unquenchable : frequent and violent urgings to vomit come on ; the urine is passed but seldom ; and but seldom is any discharge of fæces obtained, in spite of the greatest efforts. The pulse is hard, but small. The fever is, in general, acute ; in some cases, being observable before the coming on of the pain, and, in others, not until afterwards. If efficacious remedies are not had recourse to, gangrenè soon comes on. This is known to be the case, by a sudden cessation of the pain ; from which the patient, and his attendants, are sometimes disposed to derive flattering expectations ; but the sunk countenance, and fluttering pulse, with convulsions, and coldness of the extremities, soon shew what fatal termination has taken place. This

This description would, perhaps, be sufficient to enable any one to discover the nature of this disease, at its first appearance ; but that it sometimes exists, according to the greatest authorities, without being marked by those symptoms, which are, in general, its distinguishing *criteria*. Thus dissections have shewn, that inflammation of the bowels has existed, and terminated in gangrene, where neither fever nor pain had been perceived, but in a slight degree.

Inflammation of the bowels may sometimes, at its commencement, be not immediately distinguished from that of the stomach, or liver ; but this is not of much importance, since the means of cure necessary to be adopted, at the first, in either of these cases, would be beneficial in all.

The most dangerous error, with respect to the treatment of this disease, is when it is mistaken for colicky pains ; to which family practitioners generally refer almost every painful affection of the belly. The remedies, which are almost always had recourse to, on these occasions, are aromatic, spirituous, and heating liquors, under the delusive titles of colic elixirs, family cordials, &c. These, it is evident, must necessarily accelerate the termination of this disease, in mortification.

This disease may be occasioned by the same causes

ses which were recited, when treating of inflammation of the stomach. It may also be the sequel of other diseases, as of herniæ, costiveness, dysentery, worms, &c.

If the pain, before the disease has existed long, changes its situation, and becomes less violent ; if the vomitings lessen, and stools are procured ; if the heat lessens, and the pulsation of the artery at the wrist seems to expand, it may be expected, that a resolution is taking place. But if the pain increases, and keeps constantly in one point, and the belly becomes more tense and tender to the touch ; if no stools are obtained, and the vomitings come on more frequently, and contain stercoraceous matter, it is too evident that the disease is increasing ; and should sudden cessation of the pain, hiccups, clammy sweats, blackness of the tongue, fallen countenance, and coldness of the extremities, occur, these symptoms will evince that death is very near.

No apology can be necessary for declining to give a regular plan, for the treatment of this dreadful disease ; since no directions, however explicit, could suffice to enable those, who do not possess real medical knowledge, to make the necessary discriminations, in investigating the nature of the malady, and in selecting proper remedies for its removal.

Every

Every painful affection of the belly, however slight, should be immediately attended to. If the belly become swelled, hard, and painful to the touch ; and the pulse hard and contracted ; blood should be taken freely from the arm, and the patient put into the warm bath, about the same temperature as the skin ; or, if this cannot be conveniently done, flannels wrung out of hot water should be applied to the belly, until a blister can be procured ; which should be applied as soon as possible after the bleeding. Mild émollient clysters, of barley-water, gruel, &c. may be given, until stools are obtained ; and the patient be put to bed between the blankets, and supplied moderately with the most bland diluting liquors, such as barley-water, gruel, rice-gruel, &c.

Dr. Buchan recommends, that “The clysters may “be made of barley-water, or thin gruel, *with salt.*” But Dr. Duplanil, the translator of Domestic Medicine, remarks, “Plus les douleurs sont violentes, “plus l’inflammation est considérable, & plus les “remedes doivent etre adoucissants. Les lavements “avec le sel ne doivent donc etre donnés, qu’avec “circonspection.”—The more violent are the pains, the more considerable is the inflammation, and the more appeasing ought the remedies to be. The clysters *with salt*, ought therefore not to be given, but with circumspection.

During

During the time that is employed, in the use of the above-mentioned means, proper advice may be obtained ; for which reason, and as the utmost caution is necessary, in determining what internal remedies may be ventured on, they are not here enumerated.

Dr. Buchan, whilst treating of inflammation of the bowels, says, "It has sometimes happened, after
"all other means of procuring a stool have been
"tried to no purpose, that this was brought about
"by immersing the patient's lower extremities in
"cold water, or making him walk upon a wet
"pavement, and dashing his legs and thighs with
"the cold water. This method, when others fail,
"at least merits a trial. It is indeed attended with
"some danger ; but a doubtful remedy is better
"than none." In cases of obstinate costiveness, where there is no reason to suppose that any inflammation exists, this experiment may be tried : but in this disease, no circumstance can warrant the adopting this practice ; since there cannot be a doubt, that by this application of cold, the blood will be driven from the lower extremities, and be afterwards thrown, in an increased quantity, into the vessels of the diseased part, occasioning, not only an increase of the inflammation, but, in all probability, a rapid termination of it in gangrene.

Similar

Similar cautions, with those which were recommended, at the close of the observations on the inflammation of the stomach, will be necessary to be attended to, to prevent a return of this disease.

INFLAMMATION OF THE LIVER.

It has been asserted, by very great authorities, that the inflammation of the liver, was a disease, very rarely to be met with ; but dissections shew, that this malady occurs more frequently than has been supposed, scirrhus hardness, suppuration, &c. being often discovered in the liver after death, when inflammation has not been suspected.

Pain in the region of the liver, under the collar bone, and in the shoulder of the right side, with fever, shortness of breath, a dry cough, vomiting, hiccup, and a difficulty in laying on the left side, are the most conspicuous symptoms produced by an inflammation of this organ.

In general, the disease commences with a rigour, or shivering, which is succeeded by febrile heat, loss of strength, thirst, and general uneasiness. The pain is sometimes dull, but at other times very acute. The pulse is stronger and quicker than natural : the urine high coloured, and small in quantity.

If

If this inflammation be properly treated, in the first days of the disease, a resolution may, in general be obtained. But should the disease not yield to the means which are at first employed, it is most likely that it will terminate in suppuration. When this takes place, the pulse becomes softer, frequent shiverings pervade the whole system, and the pain considerably abates, and is accompanied by a sensation which is described as resembling that which would be produced by a weighty substance added to the part affected. The patient becoming hectic, loses his strength, and wastes gradually, until colliquative sweats and diarrhæa takes place, when his remaining strength is soon exhausted. The contents of the abscess sometimes obtain a discharge, either through the biliary ducts, or through some of the adjoining parts, with which adhesions have been formed by the preceding inflammation. In some cases, where the disease has proceeded with great rapidity, it has been discovered, that a gangrene had taken place. This termination is marked by a cessation from pain, prostration of strength, small, and sometimes intermitting pulse, coldness of the extremities, and convulsions.

This disease may either possess the convex, or the concave part of the liver. From the variety this may occasion in the symptoms, some difficulty may occur in ascertaining the nature of the disease,

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even to the most experienced. Nor is this the only source of error in this case ; for there are other diseases, which, being accompanied by those symptoms, which are always observable in inflammation of the liver, are liable to be confounded with it, by those who are not thoroughly versed in the knowledge of diseases. The diseases here alluded to, are the pleurisy, colic, and inflammation of the stomach and bowels.

Those who possess a sanguine temperament, and are of a middle age ; who live freely, indulging in the use of spirituous liquors, and are frequently exposed to the cold air, are particularly disposed to this disease. Violent exercise, exposure of the heated body to the cold air, solid concretions, or collections of liquid matter in the liver, and drinking largely of spirituous liquors, may be the exciting causes of this malady. The cure, as in other internal inflammations, must be attempted by the timely use of bleeding, a strict spare diet, blisters, fomentations, cathartic medicines, &c.

To deliver in a work of this kind a regular process for the cure of this disease, would be to occupy the reader's time, without his being likely to derive any benefit from it ; since, as has been before observed, the utmost skill is often requisite to discover this disease, and distinguish it from those
which

which are accompanied with similar symptoms. This difficulty has been acknowledged by some, whose knowledge in their profession has been so eminent, that their precepts have been held in the highest degree of estimation by the rest of the medical world. If such men have found a more than ordinary exertion of their minds necessary, in the investigation of this disease ; surely the information within the reach of a domestic practitioner, can never be sufficient to allow him to undertake the cure of so dangerous a malady.

Should the disease, indeed, appear to be unequivocally pointed out by the symptoms described in the foregoing history of the disease, and regular medical assistance be not directly obtainable, a large quantity of blood, that is to say, fourteen or sixteen ounces, if the patient be an adult, should be directly taken away ; and a mild, but efficacious cathartic, be given. Flannels wrung out of warm formentations, may be applied to the region of the liver ; after which a large blister may be applied on the pained part, and, the patient being put to bed, a sweat may be excited by such means, as will not cause any increase of heat in the system. Warm watery drinks, as barley-water, &c. may be used for this purpose, taking care, that they are not swallowed in such large quantities, as too much to distend the stomach ; since that will almost always occasion an increase of the pain. Those

Those who have once suffered from this disease, should be very careful in not exposing themselves to cold, moist air, especially when heated ; their bowels should be kept regular, and their diet should be composed of substances easy of digestion, and void of acrimony. Pickles, all kinds of spices, and spirituous liquors, being carefully avoided.

Those who are so miserable, as to have devoted themselves to the destructive habit of drinking to excess, are particularly liable to diseases of the liver. Tubercles, scirrhus hardness, and chronic inflammations, are the changes which, in general, are produced in this organ by this pernicious practice. In consequence of the small degree of sensibility, with which the substance of this *viscus* is endued, it frequently happens, that these alterations become very considerable, before either pain, inconvenience, or any symptoms arise, from which the patient can derive a suspicion of his calamitous situation. Too often is a man, boasting of the strength and invulnerableness of his constitution, which he supposes repeated excesses have no way impaired ; when such changes have actually taken place, as prove the foundation of distressful and incurable diseases. Several instances have occurred, where upon dissection, large tubercles and abscesses have been found in the liver, a suspicion of the existence of which had never been entertained during the lifetime of the patient. This

This alarming statement of the evils resulting from the drinking spirituous liquors, would not have been made, but with a faint hope of confirming the resolution, of some one of my readers, who may chance to be wavering between the gratification of his perverted taste, and a wish to free himself from a practice productive of so much evil. Unfortunately, it too frequently happens, that, on these occasions, fear suggests, that the constitution may be already too much injured to allow any hope of returning health ; and inclination prompts the conclusion, that to oppose the appetite will be as useless as it will be mortifying. But I must here remark, with the hope of strengthening the resolution, in a contest where so much is at stake ; that, not only will the animal system sometimes bear these attacks for a considerable time, with so little serious injury, that on their being foreborne it will nearly admit of a restoration ; but that even when the constitution has been so harrassed by excesses, that a morbid affection of the liver has taken place, the return to moderation, and the employment of well adapted medical means, will not unfrequently occasion the renovation of health.

INFLAMMATION

INFLAMMATION OF THE KIDNEY.

PAIN in the small of the back, passing forwards toward the bottom of the belly, with fever, vomitings, and frequent voiding of the urine in small quantities ; sometimes very pale, and at other times of a high red colour ; are the symptoms which, in general, characterise the inflammation of the kidney.

When it is occasioned by the passage of a calculous concretion, that circumstance is supposed to be pointed out by a numbness of the thigh and leg, and a drawing up, or pain of the testicle of the same side.

The termination of inflammation of the kidneys may be either in resolution, suppuration, or gangrene. The first is known to have taken place, from the gradual cessation of all the symptoms. But when these have continued for some days, without remission, the pain becoming throbbing and more acute, and frequent shiverings take place, it may be known that matter is forming ; which is rendered more certain, by the pain afterwards abating, and the shiverings increasing. The matter thus formed, is, in general, discharged with the urine. It too frequently happens, that after suppuration has taken place, a hectic succeeds, and the patient dies. But when the symptoms suffer no abatement

abatement, from the means which are used, but the vomitings increase, the pulse becoming smaller and quicker, the breathing difficult, the extremities cold, and the stools are passed without the patient's knowledge ; there is reason to suppose, that the disease will terminate fatally by gangrene.

Excessive exertions, external injuries, hard riding, violent strains, exposure to cold when the body is heated, and to a considerable degree of heat, when chilled, may be reckoned as exciting causes of this disease. But the most frequent cause of this malady is, doubtlessly, calcalous matter impacted in the kidney itself, or in the *pelvis* of the kidney at the commencement of the *ureter*.

The nature of this disease, is not pointed out so clearly by its symptoms, as to be known by any but such as have had frequent opportunities of noticing it. The cure, therefore, ought never to be attempted, by any but those who possess a requisite degree of skill.

But where professional aid cannot be obtained at the first attack of the disease, and the nature of the disease is rendered evident, a copious discharge of blood may be obtained from the arm ; and stools may be procured, by purgative medicines, and emollient clysters. The external parts, immediately
over

over the pained part, may be fomented with hot and stimulating fomentations ; and if it can be obtained, the patient may be immersed in a warm bath, being immediately afterwards put into bed, between the blankets, and supplied freely with cooling and demulcent drinks, as barley-water, with the addition of gum Arabac ; linseed-tea, decoction of marshmallows, apple-liquor, &c. with the hope of inducing copious perspiration. A flannel, four folded, and wetted with spirits, to which an eighth part of spirits of hartshorn is added, may be applied warm to the small of the back, for the purpose of exciting heat, and a slight degree of inflammation on the external parts. Over this flannel, a bladder filled with hot water, may be applied with great benefit.

Dr. Buchan says, “ If the bladders be filled with “ a decoction of mallows and camomile flowers, to “ which a little saffron is added, and mixed with “ about a third part of new milk, it will be still “ more beneficial.” But this opinion is undoubtedly erroneous, since none of the medical properties of these ingredients can have any effect, through the bladder. Every purpose will be therefore fully answered, by the bladder being filled, with hot water alone.

Opiates are serviceable, in some cases, when given after the inflammation is somewhat abated,
but

but much judgment is required, to determine when they may be employed with safety ; since, if used at too early a period of the disease, the inflammation must necessarily be thereby increased. Of this, however, and of the other circumstances, in the subsequent management of the patient, it is not necessary to speak, since these will be directed by the physician.

But if medical aid should have been too long deferred, or, from the ambiguity of the symptoms, the domestic practitioner should have mistaken the case, and, of consequence, treated it improperly, a suppuration will most probably take place. Should this happen, and the matter be discharged with the urine, the greatest care must be taken, by the patient, that his food consist of the mildest and most mucilaginous substances ; avoiding every thing which is heating, or which is salt and acrid : living chiefly on milk, puddings, broth, vegetables, fruits, butter-milk, &c. Moderate exercise should be used, and that chiefly in the open air.

INFLAMMATION OF THE BLADDER.

THE inflammation of the bladder is known by an acute pain at the bottom of the belly, which is much increased by pressure, and is accompanied by almost constant urgings to void the urine and stools.

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Of the former, there is sometimes a total retention, at other times it comes away frequently, but in small quantities at a time, and with much pain : the stools are, in general, obstinately retained likewise, and when discharged, it is with pain. This disease is accompanied with fever, in proportion to the degree of violence in which it exists ; but as it seldom occurs as a primary disease, a considerable variety must be expected in this, and the other accompanying symptoms.

The causes of this disease are, calculous concretions, suppressions of urine from obstructions in the urethra, cantharides taken internally, or applied to the skin, wounds, bruises, &c.

Any admonition as to the admission of domestic quackery in this disease, seems to be almost unnecessary ; as the alarm and the distress it excites is generally sufficient, to produce an application to those best qualified to administer relief. It will be, however, proper to call the attention to the ill-consequences that arise, from delaying, too long, the necessary opposition to the disease. It sometimes happens, that, from the patient's having been unhappily too much accustomed to pain, or from his not attributing the distress he experiences to the true cause, he neglects the obtaining of assistance through the first stage of the disease. When this happens, there is much reason to fear, that the most
skilful

skilful surgeon, or physician, will be unable to prevent very disagreeable consequences. Should the inflammation possess that part which is termed the neck of the bladder, or should the disease be chiefly seated in the *prostate gland* which surrounds this part, there will be great danger of the patient's losing the power of retaining his urine.

If, therefore, no doubt remains, as to the nature of the disease, and regular medical aid cannot be soon obtained, blood may be taken away plentifully from the arm, stools procured by some active purgative, avoiding those of the saline class, and clysters, of the decoction of poppy-heads, may be injected every two or three hours. Fomentations, also, of the same decoction, may be kept constantly applied, over the bottom of the belly; and, if possible, the patient should be immersed in the tepid bath, and in other respects treated as has been just recommended, in the inflammation of the kidneys; excepting that, where an entire retention of urine exists, no more must be drank than is absolutely necessary.

Should the disease terminate by suppuration, the conduct of the patient may, in that case also, be regulated, by the directions just given, in the supposed case of suppuration in the kidneys.

INFLAMMATION

INFLAMMATION OF THE SPLEEN.

THIS disease, which does not often occur, is to be discovered by fever, with tension, heat, swelling, and pain, of the left hypochondrinna, the pain increasing upon pressure. Inflammation of the spleen requires nothing peculiar in its mode of treatment, nor yields any circumstance, from which I can deduce any particularly useful observation.

INFLAMMATION OF THE PERITONEUM.

INFLAMMATION of the peritoneum may be supposed to exist, when there is fever, with a considerable degree of pain of the belly, which is increased during an erect posture, and no symptom characteristic of inflammation of any particular bowel.

The treatment of this disease, and the management of the patient, should be directed by the rules laid down, when treating of inflammation of the bowels.

Dr. Baillie, in his most valuable work, *The Morbid Anatomy, &c. of the Human Body*, has this important remark on this most serious disease: "When the inflammation is slight, I have known the pain to be very inconsiderable, and the pulse to be little increased in its frequency, so that inflammation

mation of the *peritoneum* had not been suspected." A disease thus insidious must require all the circumspection and knowledge that study can supply, even to detect it. To the domestic practitioner, nothing more surely need be said, to deter him from an improper interference, in cases marked by symptoms, such as have been just described.

RHEUMATISM.

RHEUMATISM may be very properly divided into two species, the acute and the chronic. Each of these I shall speak of separately, beginning with the acute.

The acute rheumatism generally begins with a sense of coldness pervading the whole body, frequently arising to such a degree, as to occasion shivering. This is succeeded, by feverish heat, the pulse becoming fuller and quicker, and the urine higher coloured, than in health. After these symptoms have existed a day or two, the patient feels sharp wandering pains, in various parts of the body; sometimes these pains accompany the other symptoms, from their first appearance, and sometimes the pain precedes the febrile symptoms. The pain chiefly affects the joints of the ankles, wrists, knees, and elbows, the patient being, in some cases, tormented with excruciating pains in several of these places,

places, at the same time ; in others, this painful affection is produced, in one joint, as it lessens in another ; and often distresses the unfortunate sufferer with repeated attacks of the same joint. Redness and swelling of the part generally accompany the pain.

The pain, in general, is so considerable, as entirely to deprive the patient of rest ; and the night, instead of bringing sleep, is generally the time, when the pain and restlessness are most excessive. Partial viscid sweats frequently come on, but without any accompanying relief. But sometimes general and copious perspiration occurring, with a diminution of the pain, affords great reason to hope for a speedy and favourable termination of the disease.

The duration of this disease is very uncertain ; but, in general, unless very efficacious means are used, it will continue, with very little amendment, for two or three weeks, and sometimes even longer.

This disease is much more frequent in cold, than in warm climates ; and in those seasons in which the weather is variable, than even when it is constantly cold : thus it is oftener met with in spring and autumn, than in winter.

Those are most disposed to acute rheumatism, who are of a middle age, and of a sanguine temperament.

perament. Those, also, who have once suffered from this complaint, are more liable to its attacks than others.

Those circumstances, which have already been spoken of, as rendering the system apt to take on an inflammatory state, will render the body more susceptible of injury, from the changes in the state of the atmosphere, and thereby more liable to rheumatism.

This disease requires very great skill and attention in those who attempt its cure ; for although it is evidently of an inflammatory nature, it is also very certain, that it is, in many respects, different from that kind of inflammation, of which we have hitherto treated ; and that it requires a very considerable difference in the mode of cure.

As in other inflammatory diseases, so in this, bleeding is often a very powerful remedy : this should be performed to such an extent, as its effects may direct, and the strength of the patient allow. In some cases, the taking away of blood may be highly injurious ; and in other cases, where it is even advisable, much care must be taken, lest the blood be taken away in too large a quantity. Besides, it must be observed, that the discharge by which most relief is gained, in this disease, is that of perspiration. This, if properly obtained, and the

the patient properly managed, feldom fails of removing the difeafe ; efpecially if it has not long exifted. During the ufe of fudorifics, the bowels fhould be kept regularly open, and the violence of pain moderated by anodyne applications to the part.

As it is a point by no means eafy to afcertain how far the evacuation of blood may be allowed, fo does it require nicety of judgment to determine how far evacuations, of any kind, may be permitted ; fince, it is well known, that there is a period in this difeafe, after which, evacuations, of any kind, not only weaken the patient, but lengthen the difeafe ; and cordial medicines, a reftorative diet, and even the ufe of the bark are indicated.

In the acute rheumatifm, the regimen muft be governed by the fame indications which direct the phyfician in his choice of remedies.

In the chronic rheumatifm, the pains are lefs acute, and feldom accompanied with fever ; nor is any rednefs difcoverable on the parts affected. The larger joints, and the mufcles, are moft commonly the feat of this difeafe ; fuch as the hip and fhoulder joints, delloid mufcle, &c. The integuments above the pained part are always cold to the touch, it being difficult to excite in them either warmth or perfpiration.

Sudden

Sudden strains and exertions may be mentioned here, as a frequent cause of chronic rheumatism, in addition to what was said of the causes, when treating of the acute kind.

The remedies which may be used in this disease, are either internal or external. The internal remedies are chiefly such as act by determining the blood to the surface, and by producing an increase of perspiration. Such are, the salts of hartshorn, the volatile tincture of guaiacum, &c. the effects of which may be accelerated by drinking freely of white wine whey, or mustard whey, made by boiling the seeds of mustard in milk. The external applications are chiefly such stimulating applications as excite a redness in the skin over the part affected : these may be, camphorated spirits, oppodeldoc ; or, if these prove not sufficiently stimulating, if used alone, they may be mixed with the volatile spirits of hartshorn, oil of amber, &c. Friction with a flesh brush renders these remedies still more effectual. Electricity has been successfully used in many cases. The wearing a plaister of Burgundy pitch over the part has also often proved serviceable.

To prevent the return of either state of this disease, the patient should defend himself by warm, but light clothing, from the inclemencies of the

weather. Over the parts which are most particularly the seat of the disease, should be worn flannel, or rather clothing of fleecy hosiery.

The passing suddenly out of one atmosphere into another, differing much in temperature from the former, is very likely to occasion this disease. Exposure of the body to a stream of cold air, is also likely to prove very injurious, especially if it be applied to one particular part only, and that the body is in a heated state. Damp clothing should be carefully avoided, as well as the exposure to a moist atmosphere, the ill effects of cold being much increased by the joint action of moisture.

G O U T.

THE paroxysms of this tormenting disease are most commonly preceded, by a general uneasiness; the feet and legs are affected with numbness and coldness, and frequently also with a sense of prickling; the veins on the surface are also said to become unusually turgid, and the muscles of the legs to be affected with the cramp. But the circumstances which have been observed, most particularly to precede the attacks of this disease, are the changes which, for some little time before, take place in the stomach; this organ generally suffers a considerable derangement of its functions; the appetite
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being much impaired, and the stomach and bowels distended with wind, the consequence of digestion not being properly carried on ; the appetite becoming, however more eager before the attack.

According to the observations of the attentive Sydenham, the paroxysm generally begins about two o'clock in the morning. The patient, having gone to bed free from pain, is waked about that time with pain possessing commonly some part of the foot. Soon after this, comes on a coldness and shivering, which terminates in fever. The pain increasing, sometimes resembles that which might be expected to be produced by the stretching and tearing of the ligaments, or the gnawing of a dog; at others, the parts seem to suffer the effects of a tight stricture, or considerable pressure, being so feelingly alive, as not only, not to bear the weight of the bed-clothes, but not even the heavy tread of any one across the room. In this miserable state the patient continues, tossing about the bed, in vain trying the effect of variety of posture to lessen his sufferings. At about the same hour of the following morning, the patient, in general, experiences a sudden mitigation of the pain, which he commonly attributes to the last position in which the limb was placed. Soon after this, a moderate sweat coming on, he falls asleep, and, upon waking, finds that the pain is considerably diminished ; but that
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the part which suffers is affected with a red shining swelling. The pain sometimes continues two or three days, increasing at night, and becoming more mild towards morning.

If, after the disease has thus completed its course in one foot, it disappears entirely, the patient regains the use of the foot, and experiences a most grateful change—strength and alacrity having taken the places of debility and languor. But it often happens, that after the violence of the first attack has subsided, a second will be experienced in the other foot. In more inveterate cases, both feet, sometimes, are affected at the same time; and repeated paroxysms sometimes extend the sufferings of the patient for six weeks or two months, or even longer.

After the first attack of this disease, the patient is, in general, free from it for two or three years; but the intervals becoming shorter between every paroxysm, it often happens, that, at last, the disease seldom quits the patient, except for two or three months in the summer. As the strength of the patient becomes lessened, the paroxysms are accompanied with less pain than before; sickness and debility shewing, that the cause of this consists, not in a diminution of the gouty disposition, but of the powers of the system. When the paroxysms have recurred very often, the joints become stiff, and the
limbs

limbs enfeebled, and, in many persons, concretions, resembling chalk, form over the joints, and unite with the circumstances just mentioned, in depriving the patient of the use of the affected limbs.

The above history contains a description of this disease, in its most common mode of appearance ; or in that form which is characterised as regular gout. But it sometimes happens, that instead of the disease proceeding in this regular manner, a variety of anomalous symptoms arise, unaccompanied by those affections of the joints, which were wont to appear. This state of the disease is termed the Irregular Gout. All the various symptoms which occur in this state of the disease, cannot well be here particularised : those which have been most frequently observed, will, therefore, only be noticed.

When the head is the seat of the disease, giddiness, pain, loss of memory, &c. are the symptoms which occur, and which generally terminate in some fatal affection of the brain. Palsy and apoplexy may indeed be, sometimes, the consequence of a sudden translation of the disease to the brain ; and may therefore happen, without the occurrence of any previous headach, or any other symptom, from which the fatal termination might be suspected.

The lungs, as well as the heart, are also subject to these anomalous attacks ; occasioning shortness
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of breathing, asthma, palpitations of the heart, faintings, and sudden death.

When the stomach and bowels are affected by this disease, a variety of troublesome symptoms arise ; such as loss of appetite, sickness, flatulency, pains in the stomach or bowels, acid erucations, &c. Frequently at the same time, the unfortunate sufferer experiences the most distressing dejection of spirits, his mind being possessed with groundless apprehensions and alarms.

Men are more subject to this disease than females ; and those men are more especially liable to it, who are of a full and corpulent habit. A disposition to it seems sometimes to be acquired, and at other times lost, by a difference in the mode of living. It seldom attacks those who live on a spare diet, and who avoid wine and spirituous liquors ; those, also, who use much exercise, are mostly exempt from it.

Many suppose, that the attendance of a medical man, is, in this disease, entirely unnecessary ; and that this must certainly be one of those cases, which may with propriety be committed to the care of the domestic practitioner, whose knowledge respecting this disease is not likely, they suppose, to be much exceeded by that of physicians themselves.

Physicians,

Physicians, indeed, do not pretend, either to an accurate knowledge of the nature of this malady, or to the possession of a specific, with which they are capable of removing it, with safety. But, in consequence of their knowledge of the laws by which the animal œconomy is regulated, and by repeatedly observing the progress of this disease, and the changes produced in it, by the various habits and constitutions in which it occurs, as well as the consequences resulting from the various means, by which its cure has been attempted ; they are often enabled both to palliate the present sufferings of a patient, and to give him such directions for his management, as may not only lessen the frequency, and the duration of future paroxysms ; but may even, sometimes, entirely prevent their recurrence ; and, at the same time, secure the patient from experiencing any ill effects by the change thus induced.

These directions must ever be varied according to the difference of temperaments ; the morbid state of the constitution, which requires to be amended ; and those errors in the mode of living, which may have been the exciting cause of the disease. Instructions for the conduct of patients, in every particular case of this malady, would of themselves make a volume ; it is not intended, therefore, to attempt more than to offer some general observations,

vations, by an attention to which, the ravages of this painful disorder may be sometimes lessened.

The treatment of the patient, during the paroxysm, should be directed by the medical attendant; who will be best able to judge and determine, according to the variety of circumstances, on the more proper plan. It may not, however, be amiss, to remark here, that the progress of the fit should be interrupted as little as possible; but should the pain become excessively violent, recourse may be had to proper anodynes, the body being at the same time kept gently open, by some mild laxative.

The regimen, during the paroxysm, should be of such a kind, as will support the strength, without increasing the heat: broths, puddings, jellies, light meats, &c. are therefore proper. But spirits or wines must be carefully avoided, as well as salt meats, and all highly seasoned food.

When the fit is entirely gone off, the patient should consider himself as entirely free from the disease, and should earnestly set about preventing its return. This may be done, I am satisfied, by medicine alone; but, unless a due attention is paid to the exercise and regimen, another disease, and generally a more fatal one, will be induced. But if due attention be paid to the following admonitions, there is the greatest reason to believe, that the paroxysms

toxyfms may be rendered lefs violent, and lefs frequent ; and that fometimes their return may be even entirely prevented, and that without occafioning any other difeafe. It is alone by a ftrict conformity to regimen, that this difeafe can be fafely checked. To obftruct the courfe of the difeafe, and prevent the return of the paroxyfms by medicine, whilft exceffes and irregularities are permitted, is to create a difeafed ftate of the fyftem, and at the fame time to hinder nature from inftituting that procefs, by which that difeafed ftate may be altered. But by carefully avoiding thofe injurious indulgencies, the difpofition to the difeafe is itfelf removed, and its renewal prevented.

The victims of this malady are generally thofe who have indulged their appetites with eating highly feafoned animal food, and drinking freely of fermented and fpirituuous liquors, particularly of wine ; thofe who lead a fedantary life, who are diftreffed with anxious thoughts, or whole minds are confiderably engaged in ftudy.

The food of thofe who are fubject to this difeafe fhould be plain and light. At breakfast they may take milk, raw or boiled ; and at dinner, puddings, vegetables, and animal food in moderate quantities. Their fuppers fhould be fmall in quantity, and compofed of fuch fubftances as are neither

heating nor difficult of digestion. Pickles should be entirely refrained from, and acids of every kind should be used with great moderation. Spirituous liquors must never be drank, except in the smallest quantities, and considerably diluted. Wines, particularly those of foreign production, and even malt liquors, must be avoided with equal care.

Regular exercise is of the utmost service, in moderating the violence of this disease. Such exercise should be preferred, as being joined with amusement, serves at the same time to exhilarate the spirits; such are rural sports, as hunting, shooting, &c. or any mechanical employment, the execution of which requires some little attention of the mind.

Regularity in the hours of retiring to rest, and in rising, must be strictly adhered to. Late hours being exceedingly prejudicial, must be carefully avoided; as well as too long continuance in bed, which, by the debility it induces, is in the highest degree injurious.

It is a common observation, that the affluent are, in general, the subjects of this malady; it seldom happening, that those of the inferior class of people are troubled with it, except they have received it as their reward for copying the follies and vices of their superiors in fortune.

It is however, by no means recommended, rashly to enter on any considerable change of former habits, especially if a great degree of debility has been brought on by former excesses, or by diseases. Indeed no such changes ought to be attempted, without due advice, after a full consideration of every attendant circumstance. But should it be deemed prudent thus to attempt the cure, the patient should well consider the advantages likely to be gained by his self denial, and firmly resolve to give the plan a fair trial.

The necessity of a strict attention to regimen, in those who are subject to this disease, is so well and so forcibly inculcated by Dr. Cadogan, that I cannot resist the impulse of recommending the perusal of his treatise, to every one afflicted with this disease.

Nor can I here refrain from noticing the observations contained in a treatise on the Gout and gravel, by Mr. Murray Forbes; who has most ingeniously shewn, by reasonings upon established chemical facts, and by fair chemical deductions, that the gout is a disease proceeding from a redundancy of acid in the system.—“That acids,” he says, “are greatly instrumental towards the production of gout, is an opinion which was founded upon observation, and has long been maintained. This disease, as well as gravel, has, in many cases, been

been attributed to an excessive use of acids. It has likewise been regarded as intimately connected with that state of the stomach, in which there is almost a perpetual generation of acid. At the same time, however, a variety of circumstances of a different kind have been enumerated as sources of it. If we examine with attention the condition of many in whom gout makes its appearance, we shall generally find, that those other circumstances have generally been productive of it, when they have had the previous effect of impairing the digestive faculties, and causing a consequent tendency to the generation of acid. Of this nature are insobriety, luxury, indolence, and voluptuousness. The disease frequently attends upon a habit of drinking, on account of the acids conveyed into the body by means of it. The tendency of different liquors to produce it, is not so much in proportion to their strength, as to the quantity of acid in their composition. This assertion is warranted by the experience of ages ; the liquor in which acid predominates having been invariably considered, by the best authorities, as peculiarly predisposing to gout. Shallow of observation must be the man, who, accustomed to endure the pains of gout, has not become acquainted with the injury of acids. By immoderate indulgence in intoxicating compounds of any kind, by a life of luxury, by a state of indolence, and by an inordinate pursuit of pleasures, the

the powers requisite for the process of digestion are at last brought into disorder, and the contents of the stomach permitted to run into common fermentation. These, and other circumstances, which tend to vitiate the action of the stomach, and conduce, by reason of derangement, to the formation of acid, may be looked upon as remote causes of gout and of gravel."

Dr. Wollaston, in the Philosophical Transactions for the year 1792, has discovered, by a series of ingenious experiments, that the gouty matter contains the peculiar (lithic) acid which Mr. Forbes, in the foregoing passage, supposed to be generated in the system, and joined to the mineral alkali.

SMALL POX.

THE small pox appears under two very different forms, which are termed the distinct and the confluent. The mode of treatment of these being required to be as different as are their modes of appearance, they will be each treated of separately.

The distinct small pox is preceded, for a few days, by a sense of languor and weariness; and immediately before the coming on of the febrile state, frequent cold shiverings and transient glows of heat are perceived by the patient. The fever, which
succeeds

succeeds to this state, is accompanied by violent pain of the head and loins, and frequently with a severe oppressive pain at the pit of the stomach. These symptoms are much increased on the second evening of the attack, when the patient generally becomes exceedingly restless, and even delirious, through some part of the night ; the skin burning with an uncommon degree of heat.

On the following day, the third day of the fever, the eruption is thrown out ; the skin becoming less hot, and being moistened with a general perspiration.

The eruption which takes place on the face and limbs, generally precedes the eruption on the trunk, a few hours.

The eruptions, at their first appearance, are small red points, which, upon being closely examined, and felt by the fingers, will be found to form little eminences in the skin, which are, from their first appearance, separate and distinct from each other.

The pustules gradually assume a conical form, and on the fifth or sixth day begin to turn white on their tops ; and by the eleventh day become entirely white, at which time the pustules acquire their greatest magnitude. Their bases are red and inflamed during the whole course of the eruption ; but when the pustules are entirely filled, they assume

a brownish hue, their bases becoming, at the same time, paler. The pustules now shrivel, and are succeeded by dark coloured crusts. These in a few days fall off, leaving redness of the skin, and sometimes a small pit in those parts which they possessed.

A tension of the skin, swelling of the face, and some difficulty in swallowing, generally accompany, even the mildest sort of this disorder, and sometimes occasion considerable inconvenience, where the eruption is numerous ; these symptoms being generally proportioned to the number of the pustules. The fever, where the eruption is trifling, generally ceases when that is completed ; but where the eruption is considerable, it continues during the process of suppuration.

The confluent small pox is preceded by a much greater degree of fever ; the frequency and smallness of the pulse shewing, that the fever is of the low kind. The eruption appears also more early, is much smaller, and in greater numbers, the whole face often having the appearance of being possessed by erysipelatous inflammation. The spots assume a crimson colour : they do not rise like the distinct kind, but, remaining flat, and running into one another, they very much resemble the measles, during the first days of the eruption. As the eruption proceeds, little vesicles form on the top of the pimples.

A swelling of the face and neck takes place at the commencement of the eruption, and becomes very considerable ; but subsides about the tenth or eleventh day. In the distinct kind, the inside of the mouth and throat sometimes become swelled, in a slight degree ; but in the confluent kind, this affection is generally very considerable, and is accompanied, in children, with a diarrhæa ; and in adults, with a copious discharge of saliva. This is frequently so acrid, as to excoriate the mouth and throat ; and, as the disease advances, becomes so viscid, as to be discharged with the utmost difficulty. The pustules, instead of being distended with whitish matter, as in the distinct kind, seldom rise to any height above the skin ; and contain only a ferious fluid, which in the more malignant cases, is commonly of a purple colour. This colour is occasioned by a mixture with the dissolved blood, which, in these cases, escapes at every outlet : from this cause also arise discharges of blood, by stool and urine. In this malignant state of the disease, by the same cause are produced purple spots, resembling flea bites, and bladders of dark coloured or limpid serum. These are the appearances distinguished by nurses by the names of purple and white hives. When this species of the disease terminates favourably, the pustules, filling first on the face, and soon after on the rest of the body, begin to dry about the sixteenth day ; the contained fluid then
exuding

exuding, and forming a dark coloured crust, which remains for several days. Ulceration generally takes place between them, whence frequently results considerable loss of substance, and disagreeable cicatrices.

The secondary fever, as it is called, which frequently comes on in this confluent kind, makes its appearance, in general, about the period of maturation; and is commonly accompanied by symptoms of a dangerous nature.

In those cases where the disease terminates fatally, the fever increases, the whole surface of the body becomes of a pallid hue, the pustules are flaccid, and the swelling of the head subsides, without that of the extremities succeeding. The patient is harrassed with excessive anxiety and restlessness, which is soon succeeded by a delirious or a comatose state; respiration, at the same time, being performed with the greatest difficulty. Suffocation, or violent convulsions, at last puts an end to the life and sufferings of the patient.

THE TREATMENT. In the distinct kind, where the eruptions are very few, and no particular symptoms appear, little more is required, than to regulate the diet of the patient, and to allow him to receive the benefit of free exposure to pure and cool air. The diet should consist of vegetable substan-

ces, as sago, panada, rice gruel, &c. milk, milk potage, rice milk ; and, when the eruption is completed, and suppuration is taking place, a little broth and light puddings may be allowed. The drinks may be barley-water, toast and water, and bread tea, rendered grateful to the taste, by the addition of currant jelly, or the juice of lemons or oranges. Wines and spirituous liquors, however diluted, must be very carefully avoided ; as well as all kinds of heating cardiac medicines, which are too frequently administered by family doctresses, with the intention, as they express themselves, of throwing out the disorder.

The treatment of the confluent kind requires much judgment in the physician, and even in the attendants. It will be unnecessary to treat, in a work of this kind, of the variety of medicines which will be indicated by the various symptoms of this dreadful disease. Since no one, who does not possess real medical knowledge, ought to be encouraged in attempting the management of a malady so full of danger.

The exertions, indeed, of the most intelligent physician, will be of little or no avail, unless the attendants are obedient and attentive to his orders. In no disease whatever, has ignorance and prejudice such sway, as in that which is the subject of
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the present section. In the first stage of this disease, it often happens, that the patient is put to bed, under a load of bed-clothes, in a room heated with a large fire, the fresh and pure air being, as much as possible, excluded : and, lest this should not prove sufficiently efficacious, the febrile state of the patient is further increased, by the heating cordials with which he is constantly supplied. Directed by similar ridiculous prejudices, the patient is not allowed a change, either of his body linen or bed clothes ; but is obliged to wear, to the end of the disease, the same linen, which soon becomes uncomfortable, and even offensive, from the quantity of putrid matter it has absorbed. Another injurious practice, among practitioners of this description, is that of allowing their unfortunate patients to remain several days, without any discharge from the bowels ; many good women entertaining an idea, that the pock would fill better, if the patient could be prevented from having a stool, even until the maturation was complete, or, in their language, until the pock was turned.

It is much to be regretted, that those who are under the necessity of employing nurses, do not consider that care, and exact submission to directions, are requisites more essential in these female attendants, than the most intimate knowledge of the various recipes of family quackery. Possessing
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this kind of information, self-sufficiency and confidence take such strong possession of them, that, unless they are superintended by some anxious and vigilant friend of the patient, their own desultory and destructive measures are substituted, for those which have been dictated by reason and experience.

Repeated observations have shewn, that by augmenting the febrile state, either by the application of external heat, or by the administration of internal heating medicines and drinks, the number of the pustules may always be increased. Apprised of this circumstance, the celebrated inoculator Sutton, used to promise his patient a crop of pustules, numerous, or otherwise, according to their wishes; well knowing, that, even in good habits, a trifling deviation from the cooling plan he always pursued, was almost sure to be followed by an increase in the number of pustules. How injurious, then, must be that absurd practice of increasing the heat of the patient, by every means which folly can suggest, when universal experience evinces, that the violence of the disease keeps pace, with the extent to which this pernicious mode is adopted.

The advantages arising from cleanliness of the person of the patient, and every thing around him; as well as from frequent ventilation of the bed-chamber, must be so obvious in every disease, distinguished by symptoms pointing out a putrescent tendency

tendency in the fluids, that to enlarge on them is unnecessary ; especially as this subject has been already discussed, when treating of putrid fever.

Convulsive fits frequently occur about the time of the eruption. The good women who pride themselves on their medical skill, always predict a favourable termination from the appearance of this symptom ; and too frequently accompany their prognostic with advising the friends of the patient, to rely on domestic aid only, for the cure of a disease, from which they expect no danger. But unfortunately the prognostic is often erroneous, and, consequently, the advice improper : for this symptom being common to both kinds of the disease, is sometimes succeeded by that state of the disease which calls for the utmost care and skill ; but instead of this being obtained, the life of the unfortunate patient is perhaps entrusted to some opinionated and ignorant nurse.

An incontestible proof of the impropriety of permitting the management of feverish complaints to be entrusted to family practitioners, is derived from considering, that the utmost mischief may be produced by injurious interference, at the first appearance of this, or of any of the eruptive fevers. Nature being disturbed in her process, the eruption is often either driven out with such violence ; or is so improperly retarded, as to occasion the patient's death.

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There is one circumstance, which, as it may assist in carrying on the above delusion, deserves to be pointed out. The eruption, even when of a very bad kind, will often, on the first days, appear sufficiently large and detached, as not to excite alarm, in any but those who possess real skill and discernment. In consequence of which, proper assistance is frequently not called for, until the life of the patient is irretrievably forfeited.

When the eruption makes its appearance in clusters of a dark red colour, danger is to be apprehended. This is more certainly the case, when, as the disease proceeds, the pustules remain flat, or even dented, instead of becoming full and round, and the skin between the pustules appears pale and flaccid. But when purple spots, like flea bites, appear between the pustules; or when the pustules themselves are raised like a blister, and contain a pale or brownish coloured fluid, the danger is then in the highest degree imminent; especially if accompanied by bloody urine or stools. Shiverings happening after maturation is performed, and subsidence of the swelling of the head, without a tumefaction of the hands and feet succeeding, are also signs of an alarming nature.

The eyes are liable to suffer considerable injury, during the progress of this disease; it sometimes happening, that total blindness is discovered to be
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the unhappy lot of the patient, when the eye-lids open, on the subsiding of the swelling of the face.

The eyes soon manifest, in this disease, much impatience of the light ; but the swelling of the eye-lids, which takes place, as the disease proceeds, generally closes the eye-lids ; and, by excluding the light from the eyes, renders the patient, in this respect, much more comfortable than before. In children, the relief thus afforded hardly ever escapes observation ; and the parents and attendants become, therefore, less solicitous to prevent the adhesion of their eye-lids from taking place. From this omission, I very much suspect, these injuries to the eyes frequently proceed. The irritation of that membrane which lines the internal part of the eye-lids produces a copious secretion, resembling *matter*, which soon so closely agglutinates the edges of the eye-lids, that very little of this discharge is allowed to escape. This morbid secretion is, therefore, not only kept constantly suffused over the eyes, but, being thus detained, is applied to the external membranes of the eye, with some degree of pressure, by which its injurious effects must necessarily be augmented.

In these cases, the mode of proceeding is tolerably clear, though but seldom adopted. The hardened crust which unites the edges of the eye-lids, must be softened, by laying on it strips of lint, or
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of fine folded linen, wetted with warm water ; when so much softened, as to be able to be removed with ease, this should be done ; and its future accumulation must be prevented, by frequently washing away the matter, as it exudes, with a piece of wet sponge, or lint. By this treatment, the matter will be allowed to escape, as fast as it is secreted ; an opportunity may be obtained of ascertaining the real state of the eyes ; and of employing such lotions, as may be thought necessary.

When the small pox has entirely completed its course, yet is the convalescent, where the disease has existed to a considerable degree, far from being entirely exempt from danger : for frequently the habit of body becomes so changed, and the constitution is, at the same time, so impaired ; that, to obtain his perfect recovery, much nicety of management becomes necessary. It also requires great skill and discernment, to ascertain the nature of the diseased state which is induced, and the mode of treatment by which it may be removed.

Dr. Buchan observes, "As the secondary fever
"is, in a great measure, if not wholly, owing to the
"absorption of the matter, it would seem highly
"consonant to reason, that the pustules, as soon as
"they come to maturity, should be opened. This
"is every day practised in other phlegmons which
"tend to suppuration ; and there seems to be no
cause

“cause why it should be less proper here. On the
 “contrary, we have reason to believe, that the fe-
 “condary fever might always be lessened, and of-
 “ten wholly prevented.” The Doctor farther ob-
 serves, that “Opening the pustules not only pre-
 “vents the resorption of matter into the blood, but
 “likewise takes off the tension of the skin, and by
 “that means greatly relieves the patient. It like-
 “wise tends to prevent the pitting, which is a mat-
 “ter of no small importance. Acrid matter, by
 “lodging long in the pustules, cannot fail to cor-
 “rode the tender skin; by which many a handsome
 “face becomes so deformed, as hardly to bear a re-
 “semblance to the human figure.”

Although the Doctor observes, that, “it is only
 “necessary when the patient has a great load of
 “small pox, or when the matter which they contain
 “is of so thin and acrid a nature, that there is rea-
 “son to apprehend bad consequences from its being
 “too quickly resorbed;” yet, in consequence of
 his asserting, that “*this operation can never do harm,*”
 there is great reason to fear, that the hope of pre-
 venting deformity, may occasion its too frequent
 adoption by domestic practitioners. To prevent
 this, I have introduced the opinion of a gentleman;
 whose extensive and successful practice must of ne-
 cessity give weight to his judgement, and render
 his observations truly valuable. He says—“Allow

“me to remark on the practice of those, who re-
“commend the pustules on the face to be opened,
“when at the height, that the contained matter
“being thereby evacuated, the face may not retain
“any disagreeable marks. In a favourable distinct
“pock, this caution seems superfluous, there being
“little danger of its leaving any deep impression ;
“and in the confluent malignant kind, when I have
“seen it practised, it has always given such intoler-
“able smart, as must wound any person not de-
“prived of humanity itself.”*

Parents frequently deceive themselves, with a confidence that their children are exempt from danger of infection, because they have been in the same room, or even in the same bed, with those who have had the small pox upon them. But lest too great a reliance should be placed on this circumstance, and should prevent the adoption of necessary measures, it should be generally known, that children, in early infancy, are not so liable to receive this disease, as is commonly imagined ; and that a child, who has been exposed to the influence of this disease, without receiving it, or who has even been inoculated without effect, may in a little time become highly susceptible of infection.

Purging

* Observations on Epidemical Diseases, &c. by James Sims, M. D.

Purging is, in general, necessary after the small pox ; but when the patient has suffered under the confluent kind, great care must be taken, that the doses are not so considerable, nor the intervals between them so short, that excessive debility be thereby produced.

INOCULATION.

INOCULATION is generally performed by the application of a small quantity of matter, from a small-pox pustule, to a slight wound in the skin.

The advantages derived from this practice are so considerable, as to render it deserving of being considered as one of the most important improvements in medicine. By inoculation, the shocking ravages of this most disgusting and alarming disease is prevented ; and this, with so much certainty, that it is almost in the power of man to choose, whether the disease shall appear in its usual disgusting and terrific form ; or whether it shall be produced in such a degree, as need not to excite the least shock or alarm.

This beneficial practice is now become so frequent, and the advantages derived from it are so well known, that the greatest number of the objections, which have been raised against it, have
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lost their power ; at least on the minds of those who give themselves the trouble to obtain any information on this subject.

The possibility of the disease being again produced, in one who has already had the disease by inoculation, is not now suspected by any, except by those who obstinately reject the most positive evidence, and even the dictates of common sense.

The chief circumstance which prevents the practice of inoculation from becoming universal, is the suspicion, that as one disease may be thus transferred, other diseases, which exist in the person from whom the matter is taken, may, at the same time, be also introduced. This suspicion is the consequence of having remarked, that it sometimes happens, that those who have been perfectly free from disease before, have, immediately after their recovery from the small pox, by inoculation, been affected with cutaneous disorders, and scrophulous swellings ; and sometimes to such a degree, as to have disfigured them, or even to have rendered them cripples, during the rest of their lives.

That other diseases may be inoculated, in the same manner as the small pox ; and that scrophulous affections have made their appearance after inoculation, are circumstances which undoubtedly may occur. But all this being admitted, still it
must

must be denied, that scrophula is ever inoculated with the small pox.

The matter which is contained in the pustule of the small pox, consists of that particular species of morbid matter, only, which has been formed by those diseased actions, which have been induced by the application of the matter of the small pox to the human body. This matter, thus secreted, if again applied to the absorbent system, of any one, who has never had this disease, or who has not been rendered insensible to its influence, will again produce this disease, and no other.

With respect to scrophulous tumours, inflammation of the joints, abscesses, &c. which are by some supposed to be the consequences of particular humours introduced into the system, with the variolous matter ; it must be observed, that physicians have long known, even before the practice of inoculation was introduced into Europe, that, in some habits, very considerable changes take place after the small pox. In some cases, disagreeable complaints, and those even of long continuance, have entirely ceased, upon the coming on of this disease ; whilst in others, it has been succeeded by various affections of the glands and skin, to which the patient had never before appeared to be subject. Both these effects succeed much more frequently to
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the small pox, which takes place in the natural way, as it is termed, than to that which is produced by inoculation. It has also been observed to happen more commonly when the eruption has been numerous, than when it has been scanty. Whence it may be concluded, that these circumstances are the result of the changes induced in certain habits, merely by the diseased actions consequent to the application of the poison of the small pox to the system : and as these circumstances generally seem to be proportioned to the quantity of eruption in the preceding disease ; so the eruption of the inoculated being much fewer, than that of the natural small pox, the probability of these changes occurring, must be much less likely in the former case, than in the latter. Inoculation, therefore, so far from being avoided on this account, ought the more particularly to be had recourse to ; since the chance is much greater of obtaining, by it, an exemption from these disagreeable and alarming occurrences.

The benefits which would result from the universal practice of inoculation, are so very considerable ; and the ease with which the operation is performed is such, that Dr. Buchan, and other benevolent physicians, have recommended to the nurses and parents of children to perform the operation themselves. But were this advice to be followed, I very
much

much suspect that, from the operation being performed on improper subjects ; from the neglect of due preparation ; from the want of proper management, during the eruptive fever ; from the occurrence of various anomalous symptoms, which do sometimes happen to the most skilful inoculators, and which would excite considerable alarm in the minds of the ignorant ; that the prejudices against this practice, would be multiplied, and its adoption, perhaps, become even less general, than at present. There never would be wanting some, who would be disposed to place every thing disagreeable, that might happen, to the account of an operation, which is seldom performed, without opposition from the prejudices of some timid friend or relation.

Should the wound made by the incision inflame, and only some accidental pimple happen to appear on any part of the body ; the patient, satisfied of having passed through the disease, might neglect the necessary cautions of avoiding the infection, and in consequence of the poison not having before really entered the system, he may now become a victim of the disease. Such an occurrence would doubtlessly occasion many to adopt the opinion, that inoculation does not procure an exemption from this disease in future.

Again,

Again, it may be observed, that cases may happen, where the contagious matter may be applied in such a manner, as to escape being taken up by the absorbents of the part to which it is applied ; but where, from the patient constantly carrying the virus about him, which has been applied for the purpose of inoculation, it may occasion the disease in the ordinary way. Should this happen, and the disease terminate fatally, the case would be cited as an instance of the fatal consequences of inoculation.

For instance—Dr. Buchan, who strongly recommends to parents to perform this operation themselves, describes to them the method he took with his own son. “After giving him two gentle purges, I ordered the nurse to take a bit of thread, “which had been previously wet with fresh matter “from a pock, and to lay it upon his arm, covering “it with a piece of sticking plaister. This remained “on until it was rubbed off by accident. At the “usual time the small pox made their appearance, “and were exceedingly favourable. Surely this,” “the Doctor adds, “which is all that is generally “necessary, may be done without any skill in medicine.”—But were such a mode of practice to become common, is it not very probable that a case would sometimes occur, in which, the absorbents of the arm not taking up the matter, the patient
might

might become infected in the natural way, from inhaling the poison he carries about him? And should the succeeding disease prove fatal, there is little doubt but the animadversions it would occasion, would not a little tend to prevent the future adoption of inoculation.

From a laudable zeal to promote the wide extension of this beneficial practice, Dr. Buchan has endeavoured to render the process of inoculation as simple and easy as possible. But I should much fear, that, from the little stress the Doctor lays on the necessity of preparation, those who are inclined to become inoculators may be misled; and may be induced to place too little reliance on this part of the process, on being told, "The success of inoculators does not depend on the preparation of their patients, but on their management of them while under the disease." I have long been convinced, that from too little attention to preparation, inoculation has produced more considerable crops of pustules, than when it was the custom to attend more rigidly to this circumstance.

On this point, the remarks of Mr. Daniel Sutton, the celebrated inoculator, are very decided. He says, "I understand it has been a practice of late, to give up preparation, medicinal and dietetic, entirely, and to rely on the power of medicines, and

the skill of the operator, during the eruptive fever, to keep it in due subjection. But with submission to those who choose to practise in this way, I conceive that one, at least, in eight or ten cases, may give them more trouble than is either desirable or prudent.—I never yet could discover any advantage from the mere act of inoculation, beyond that of ascertaining the time when the patient would fall ill.”

CHICKEN OR SWINE POX.

IN the chicken or swine pox, an eruption, much resembling that of a very favourable small pox, appears after a slight degree of fever. This eruption soon proceeds to suppuration, in which state it remains but a little time, before the disease terminates, by the drying up of the pustules, which seldom leave a cicatrix behind.

The similarity which exists between this disease and the small pox, not only frequently occasions a disagreeable state of doubt and suspense, in the minds of the patient and his friends, whether the disease he has passed through was the small pox or not; but frequently in other instances, it occasions an ill grounded hope, that the patient has passed through the small pox, in its milder kind. Hence succeeds a confidence, which may be productive of consequences

consequences of a serious nature. The patient, being assured of his future exemption from the effects of the contagion of this dangerous disease, he neither avoids those situations in which he knows he may be within the sphere of its influence ; nor does he have recourse to inoculation, which would either confirm the hopes he entertains, or insure his future security, at the moment it convinced him of the danger of the situation, in which he had before stood.

To prevent, however, an error of this kind, the following circumstances may be attended to. 1st. This disease seldom comes on with so much fever, as, in general, accompanies a similar quantity of variolous eruption. 2dly. The eruption, at its appearance, generally differs from the small pox, in the pimples being, almost from the first, filled with a transparent liquor ; the vesicle being almost pellucid. 3dly. The eruption appears more early, and passes through its different stages more rapidly, than that of the small pox : the pustules turning and becoming dry, sometimes in less than half the time than what is required in the mildest kind of the small pox. An attention to these circumstances will, in general, point out the difference ; but when the importance of ascertaining the real nature of the disease is considered, there must be very few who would not choose to have the opinion of those whose judgement can be fully relied on. As

As to the treatment of this disease, medicine is very seldom necessary, it being, in general, sufficient, that the patient be kept, if the weather is cold, from the open air, and be supplied with cooling drinks and light food.

Sometimes, however, towards the conclusion of this disease, matter will form under the hardened scabs, occasioning deep and troublesome sores, which frequently require, not only the assistance of the surgeon, but the use of internal remedies also. The choice of these must be directed by the peculiar habit of the patient, his age, strength, &c.

MEASLES.

THIS disease depending upon contagion, children are most generally the sufferers from it ; since few pass their youth without being exposed to, and affected by, its influence.

It most commonly happens, that, for several days previous to the coming on of the disease, a child, who has been exposed to the contagion, will droop, lose its appetite, and become pale and fretful. To these succeeds a shivering, which frequently in children, passes without being observed. This is directly followed by fever, accompanied with a quick respiration ; hoarseness ; frequent, dry and rough

rough cough ; redness of the eyes, sneezings, and a constant watery discharge from the eyes and nostrils. Commonly on the fourth day of the fever, the eruption appears in small red points, which are generally first observable around the mouth, then in the other parts of the face, the stomach, and, at length, on the whole body. The eruption seldom rises much above the skin ; so that, except on the face, little or no prominence is discoverable. After continuing three days, the eruption loses its bright redness, and becomes of a brownish red ; and, in a day or two entirely disappears, leaving the skin rough, and as though it had been dusted with meal. The fever generally declining as the eruption goes off.

The consideration of the following circumstance will shew how dangerous it is to trust to domestic practice, even in so common and well known a disease.

This disease is very likely, at its first appearance, to be mistaken, by the unexperienced, for the small pox ; but this mistake is but of little consequence, when compared with an error to which family practitioners must be very liable ;—that of mistaking the eruption peculiar to the putrid sore throat, for that of the measles. This mistake is favoured by the measles itself being, sometimes, accompanied with

with a forenefs of the throat ; whilst in the difeafe, which, in this ftate it refembles, the forenefs of the throat does not always particularly call the attention, until the eruption has taken place. Such an error, if not foon difcovered, can hardly fail to occafion the death of the patient ; as the mode of treatment which fhould be adopted in the one cafe, is directly oppofite to that which is required in the other ; plainly evincing the danger of trufting, even in fo common a difeafe, to the precarious practice of domeftic medicine.

TREATMENT. When this difeafe is very flight, the fever and cough being moderate, and the breathing eafy, and hardly quicker than natural, little more is neceffary, than to keep the patient's body open, by the affiftance of tamarinds, manna, &c. ; at the fame time fupplying him, frequently, with cooling mucilaginous drinks, fuch as the pectoral decoction, barley-water, or infufion of linfeed, fweetened with honey. His apartment fhould be but moderately warm, and great care fhould be taken, that he is not expofed to a ftream of cold air.

To leffen the inconvenience arifing from frequent coughing, the patient may frequently hold in his mouth, a mixture of two parts of oil of almonds, and one of honey ; fwallowing it as flowly as poffible. But fhould this not prove fufficient to moderate the cough, it will not be right to tamper farther ;

farther ; but immediate medical advice should be obtained, lest serious mischief be concealed.

The circumstance which generally occasions a fatal termination of this malady ; and to which, therefore, attention should more particularly be excited, is an inflammation of the lungs. This disease, as was more fully demonstrated, when treating expressly of inflammation of the lungs, often comes on so insidiously, as to render it difficult of detection, even by the most skilful ; and particularly in children. When it accompanies the measles, the possibility of its existing without the knowledge of an ordinary observer, is very great ; and the consequence of its continuance, uninterrupted by the early use of proper means, must be most probably the death of the patient.

The likelihood of inflammation of the lungs continuing without detection, when accompanying the measles, arises from this cause. Quickness of breathing, the most obvious and characteristic symptom of inflammation of the lungs, is generally present during the greater part of this disease ; and even in those cases where the disease terminates in the most favourable manner. Hence it too frequently happens, that such an affection of the breathing as calls for immediate recourse to the most vigorous measures, is unnoticed, and the opportunity of relief suffered to escape. To

To prevent this, the breathing should be attentively watched. If it becomes very quick, and is performed with a wheezing noise, the fever at the same time being considerable, and the cough frequent, and evidently occasioning pain to the patient ; every thing is to be feared, and the best and speediest advice should be obtained.

A situation frequently occurs in this, and indeed in every other disease accompanied by inflammation, in which the friends of the patient are very liable to be misled in the opinion they may form, of the judgment and abilities of the person, under whose care the patient may have been placed. This arises from the difference of treatment employed whilst there are hopes of removing inflammation by resolution, from that which is adopted when suppuration is taking place. In the former case, the surgeon or physician will in general have recourse to free evacuations, and every other means which may have the effect of diminishing the powers by which the blood is propelled through the system ; but in the latter case, it may be necessary to employ a tolerably full diet, cordial medicines, and every thing which may prove restorative and invigorating. Suppose, then, a patient, afflicted with any disease, dependent on inflammation ; in whose case the most proper means have been employed for its dispersion, by the medical gentleman
first

first employed, but unfortunately with such little success, as to have induced the patient, or his friends, to call in some other person, of whose character they may have been led to form an higher degree of estimation. The period in which there was a possibility of removing the inflammation by dispersion, being now past, that mode of treatment must be adopted, which will best accord with the intention of promoting suppuration. This plan being of necessity opposite, almost in every respect, to that which has preceded, the comparison is too often made by the ignorant, to the prejudice of the person who had been first consulted. "Here," say they, "was the patient getting daily worse and worse ; but now, directly that a different mode of treatment is adopted, he immediately alters for the better. How fortunately we changed our physician ; he certainly has saved him—under the former, he as certainly would have lost his life." Thus the one is applauded, the other is severely censured ; whilst both have entertained the same opinion respecting the disease, and both have been directed, by exactly the same principles.

When purple spots, and other symptoms peculiar to a dissolved state of the blood, accompany this disease, the greatest judgment and attention are required to bring the disease to a favourable termination.

An obstinate cough will frequently be found to remain, after all the other symptoms have subsided. In this case, it would be extremely wrong to trust to the ordinary remedies for coughs, lest the cough should be symptomatic of more serious and latent mischief.

To prevent these consequences, frequent purging is recommended at the conclusion of the disease ; and, in most cases, must prove beneficial, being likely to diminish the disposition to inflammation, which is, in general, produced by this disease, and which occasions the above mentioned effects. But dependance is not always to be placed on purging alone ; since, in almost all these cases, particular attention should be paid to the regimen, which is required to be spare and cooling ; and, in some cases, even repeated bleeding may be necessary.

I cannot quit this subject without offering some advice, which, if attended to, cannot but prove beneficial. When one child in a family is attacked with this disease, let the greatest possible care be taken, lest by exposure to a cold and moist atmosphere, the remaining children become affected by a catarrhal affection ; by which the danger of inflammation of the lungs in the subsequent disease is increased. It is obvious, that this advice is equally applicable where the disease is even known to be in the neighbourhood.

SCARLET

SCARLET FEVER.

THIS fever comes on with cold shivering, pains in the head and loins ; soon after, the throat becomes uneasy, and the swallowing difficult, the inside of the throat appearing tumid and red. About the third day, a scarlet eruption takes place, making its appearance, at first, in bright red spots, on the face and neck, and afterwards on the rest of the body, and the extremities. From these spots running together, the whole skin becomes of a bright scarlet. Soon after the redness appears, white specks or floughs are discernable on the tonsils ; these enlarge, after a few days, fall off, and discover an ulcerated surface underneath ; which, however, in general, soon heals. After continuing about three or four days, this eruption goes off, the fever generally subsiding at the same time.

After this disease, the skin almost always peels off, and frequently in pretty large portions. It frequently happens, that an anasarctous swelling of the whole body comes on within a few days after the disappearance of the eruption, and is sometimes difficult of removal.

Although, in the above history, I have mentioned the foreness of the throat as one of the symptoms of this disease, yet it must be remarked, that scarlet fever sometimes occurs without any affection of the throat.

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This disease is sometimes to be met with, accompanied with highly inflammatory symptoms; and, at other times, with symptoms marking a similar malignity, with the ulcerated fore throat, or putrid fever.

To attempt to lay down a mode of cure to be adopted by family practitioners, in a disease which varies so much in its mode of existence, as to require, at different seasons, and in different subjects, the use of means entirely of an opposite nature, would be highly censurable, since fatal mischief might hereby be occasioned. Real benefit may, however, be derived from pointing out those diseases with which scarlet fever may be confounded, and the consequences that most probably would succeed to such a mistake.

At the first appearance of the eruption, it is by no means unlikely, that a difficulty may be found, by such practitioners, in endeavouring to distinguish between that which is characteristic of this disease, and that which is peculiar to the measles. In those cases of measles, where the catarrhal symptoms are very slight, it may very easily be mistaken for scarlet fever; and in scarlet fever, unaccompanied by fore throat, especially in young subjects, the probability is great that it may be treated as the measles.

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But the most to be feared is, lest, on the one hand, a case of scarlet fever, requiring a cooling treatment, and, perhaps, even bleeding, be supposed to be the putrid sore throat, and an attempt for its cure be made with heating cordials, wine, &c. ; or, on the other hand, that a case of putrid sore throat be mistaken for scarlet fever ; and, instead of the free use of bark, nourishment, wine, &c. the contrary mode of treatment be adopted.

When this disease is succeeded by anasarcaous swelling, the greatest care is demanded ; since, should it be neglected, an incurable dropsy may be the consequence.

ERYSIPELAS, OR ST. ANTHONY'S FIRE.

ERYSIPELAS, according to the accurate description of Dr. Cullen, is an inflammatory affection of the skin, with hardly any evident swelling ; of a mixed, and not very bright red colour, readily disappearing upon pressure, but quickly returning again ; the redness of no regular circumscription, but extending unequally ; and continuing, most constantly, to spread upon the neighbouring parts, with a pain like to that from burning ; producing blisters, sometimes of a small, sometimes of a larger size ; always occasioning, as it goes off, a desquamation of the scarf skin, and sometimes terminating in gangrene.

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When it attacks the face, the patient experiences, first of all, a cold shivering, succeeded by a hot stage, in which there is always more or less drowsiness, with, sometimes, a confusion of the head, and, in some cases, even delirium. The affection of the skin appears either on the first, second, or third day of the fever ; frequently possessing, by degrees, the whole of the face ; sometimes the hairy scalp, and even extending on to the neck. The whole face becomes much swelled, and the eye lids so much so, that the patient is oftentimes not able to open them.

The inflammation continues, in general, about eight or nine days, the fever not suffering any abatement from the coming on of the affection of the skin. In those cases which have a favourable termination, the fever and inflammation, generally, about this time, subside together. But in other cases, the drowsiness and delirium increase, as the inflammation proceeds ; and, the external affection being communicated to the brain, the patient is carried off about the same period.

Erysipelas may be produced by the application of heat, or the sudden and partial application of cold, especially when the body is in an heated state. External injuries of various kinds, as wounds, punctures, and even the slightest scratches, are often succeeded by this affection of the surrounding parts.

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The application of poisons, more particularly those of the animal kingdom, often produces this disease. In some cases, it has been supposed to be the consequence of violent passions of the mind.

When erysipelas exists only in a trifling degree, and without any, or with but little, affection of the system, or any other alarming symptom, there may be no necessity for calling in professional aid ; since, by an attention to the following advice, the disease may be, in such slight cases, carried off with the utmost safety.

The body should be kept in a laxative state, by the use of the gentlest aperitive medicines ; carefully avoiding those medicines, which, from the irregularity with which they act, sometimes produce effects far exceeding the intention with which they were given. Manna, lenitive electuary, saline purgatives, such as the Glauber and Rochelle salts, imperial drink, tamarind whey, &c. are remedies which may be used with the utmost safety.

The patient, through the day, need not be confined to his bed ; it being sufficient that he avoids exposing himself to a cold atmosphere.

At bed time, the patient may take a few grains of Dover's sudorific powder, or, a very small dose of James's powder ; drinking freely of weak wine whey,

whey, or warm barley-water, with a small quantity of nitre, for the purpose of procuring a gentle perspiration.

Animal food should not be indulged in ; puddings, sago, panada, &c. being the most proper articles of diet.

But when erysipelas exists in a higher degree, or is accompanied by a considerable affection of the whole system, or by such symptoms as we are about to describe ; it not only is of too serious a nature to be entrusted to domestic medicine, but even requires the greatest care of the medical or surgical person, whose attendance is obtained. For the disease not being uniform in its appearance, and the variety depending on widely different states of the system, as well as of the part affected ; much skill is required, in determining on the mode of treatment which ought to be adopted.

When this disease exists in the face to a considerable degree, there is great danger of the communication of the disease to the brain. The affected parts sometimes become gangrenous, the change often taking place very suddenly, without being suspected but by those, who, by experience, have obtained an accurate knowledge of the disease ; and who, by their acquaintance with the laws of the animal œconomy, are enabled to detect the morbid
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state of the system. This disease is very subject to sudden translations from one part to another ; frequently from the external to the internal parts ; a circumstance which never occurs, without a great degree of danger.

There is one circumstance, which alone ought to prevent family practitioners, from attempting the treatment of this disease, except in the slightest cases. It frequently, when properly conducted, proving a cure to maladies which have long and obstinately resisted every attempt made for their removal. When this disease attacks with considerable violence, the life of the patient may often depend on timely bleeding. But, of so much consequence is the ascertaining the real state of the system, that should this evacuation be made improperly, instead of saving the life of the patient, a fatal termination of the disease might be occasioned.

As the particular state of the system is necessary to be ascertained, before it can be determined what remedies are most proper ; so is it impossible to give here such general directions, for the diet and management of the patient, as may be applicable in all cases.

Of the external applications it is not necessary to say much ; since, when the disease exists only in

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such a degree, as to be a proper object of domestic medicine, no particular application is necessary : it being sufficient, that it is defended from the air by any substance, which is not allowed to adhere to the part affected. Besides, the selection of external applications, as well as of internal remedies, must be directed by the state of the system, and of the affected part. The following desultory cautions, are, therefore, all that can be introduced on this subject.

Greasy applications almost always seem to aggravate the disease. Absorbent earths and farinaceous substances, which are frequently recommended, form hard and troublesome crusts, by mixing with the liquor which exudes from the part ; the effused fluid, confined by these crusts, irritating the parts beneath. Cooling and sedative applications, such as cold water, Goulard's vegito mineral water, &c. are very effectual in lessening the inflammation, and are, therefore, frequently adopted by domestic practitioners. But it is necessary to remark, that these applications, which, at first, seem to produce very pleasant and salutary effects ; do sometimes produce, and suddenly, the most dangerous consequences : a gangrene of the part being very likely to succeed to the improper employment of them. They should never therefore, be used in these cases, but under the direction of the physician or surgeon.

Erysipelas

Erysipelas never appears in aged persons, nor in those who have lived freely, without denoting such a state of the system, as must demand all the aid that can be obtained, from the conjoined powers of experience and judgement.

Its occurrence in youth and middle age is seldom dangerous, except when accompanied with much fever, or when it extends over a considerable surface.

ERYSIPELAS OF CHILDREN,

VERY young children sometimes are attacked with erysipelatous inflammation, to which it is necessary most earnestly to call the attention of parents ; since, from the seeming trifling and insignificant appearances which take place on its first occurrence, there is too much probability, that it may be often allowed to attain a considerable height, before application for assistance is made. Whenever this does happen, the chance of recovery must be very slight indeed ; for even in those cases where the utmost exertions of art are early employed, this disease frequently carries off the little sufferer with great rapidity.

This disease begins in small red patches, with hardly any elevation, and by no means of such an appearance,

appearance, as to be likely to excite any alarm ; except in the minds of those who are apprised of the insidious and dangerous nature of this disease. These patches, in some cases, make their first appearance on the extremities, and, in others, on the lower part of the belly. They extend themselves considerably over the limbs and trunk, becoming hard and more discoloured, and, if not happily stopped by the adoption of the most appropriate measures, the disease soon terminates fatally.

To excite the attention of parents, so that, on the first appearance of this disease, they may be apprised of the danger which threatens, and be thereby induced to apply for immediate assistance, is all that can be attempted here.

THE MILIARY FEVER.

THE eruption from which this fever derives its name, is formed by several little bladders, which rise on the skin, of the size and appearance of grains of millet.

From this eruption having been seen to accompany various diseases, it has been much doubted, whether it is an original and primary disease ; or whether it is not merely a symptomatic disorder, proceeding from the disease it accompanies. From
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the circumstance of its having occurred as an epidemic, having attacked many at the same time, in the same neighbourhood, there is hardly a doubt, but that it may exist as a primary disease. But it is not necessary here to enter farther into this question ; since the determination would not affect the precepts which will be here delivered, respecting its treatment.

This eruption generally makes its appearance when profuse sweatings have preceded ; but it has sometimes been met with, where no such previous sweating has taken place. It attacks both sexes, and those of every age and constitution ; but child-bed women appear to be most frequently affected by it.

When it occurs as a primary disease, it begins with a shivering, which is soon succeeded by a considerable degree of heat, and pain in the head and loins, attended with great anxiety and lowness of spirits, oppression on the breast, and difficulty of breathing. These latter symptoms, with an itching and prickling in the skin, in general, immediately precede the eruption, which commonly appears between the seventh and fourteenth day of the fever ; but it has not been remarked to make its appearance on any particular day. The eruption first appears on the neck and chest, then upon
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the arms ; and at length is diffused almost over the whole body, but it is seldom to be discovered on the face. The skin has sometimes, but very rarely, continued dry through the whole of the disease ; but, in general, the sweating is very profuse. The stools are, for the most part, loose, and the urine pale, and of a particular lightish green cast. The tongue does not become very foul, and the eyes acquire a more than common brightness. About the time of the eruption, there always arises a pungent acid odour, peculiar to this disease. In ripening, the eruption becomes of a yellowish hue ; and after continuing a few days, the length of time varying much in different cases, it dies off, leaving the skin covered with branny scales. Sometimes the eruption is renewed several times in the course of the same fever.

Persons sweating under febrile diseases are especially liable to the miliary eruption, and particularly those who have been previously weakened by large evacuations, particularly of blood. This, Dr. Cullen thought, would explain why it happens to lying-in women more frequently than to any other persons ; and has remarked it to happen to women not in child-bed, but who had been much subject to a frequent and copious menstruation, and to an almost constant fluor albus. He also had occasion to observe it to happen to men in fevers, after wounds, from which they had suffered a great loss of blood.

Since

Since the several varieties in the mode of treating this fever, should be the result of a very nice and accurate investigation of all the concomitant circumstances ; and as this task requires, in the person who undertakes it, a thorough knowledge of the laws of the animal œconomy, and of the changes induced by disease ; it would be very improper to lay down a plan of cure, to be attempted by any one who does not possess that necessary information.

The same reason that prevents the attempt of laying down a regular plan of cure, in a work of this nature, is equally forcible against the endeavour to establish any fixed rules for the regimen and management of the patient ; these depending on the same circumstances which have been alluded to, must be regulated by the advice of the physician.

It may not be amiss to remark here, that this eruption so generally succeeds profuse sweating, that it has been supposed to be merely a consequence of this discharge. In proportion as the sweating is encouraged or checked, so may the eruption be augmented or diminished ; but the propriety of either practice cannot be determined, unless it is first ascertained how far the sweating and eruption is connected with a critical change in the disease.

HÆMORRHAGES

HÆMORRHAGES.

HÆMORRHAGE may depend on an increased action of the blood vessels ; or it may originate in such a state of them, as is opposite to that vigour. It may proceed from too great abundance of blood, where there is no error but in quantity ; or it may be the consequence of the blood having acquired such a morbid tenuity, as may enable it to pass through openings, by which, in an healthy state, it would have been detained.

Those who lead sedentary lives, indulging much at the same time, in highly nourishing and stimulating food, can hardly possible escape such a preternatural fulness of the system, as is likely to be productive of hæmorrhage ; since the evacuations not being proportioned to the quantity of nutritious matter taken in, a due equilibrium cannot be preserved, between the quantity of the circulating fluids, and the solids which contain them. The diminution or suppression of accustomed evacuations ; whether of those which are natural, or of those which have been induced by art or previous disease, will also considerably contribute to the formation of that diseased state of the system, in which hæmorrhage is likely to occur. In this way much injury is often occasioned, by the frequent bleedings which are sometimes had recourse to, when
hæmorrhage

hæmorrhage has once occurred; and which actually promote that state of the system they were intended to prevent.

When the above described state of the system has been induced by the foregoing circumstances, nothing more is required, than the action of one or more exciting or occasional causes, to produce the disease. The exciting causes are, whatever alter the regular circulation of the blood; as external heat, a considerable and sudden diminution of the weight of the atmosphere, violent exercise, considerable efforts of the lungs, certain passions of the mind, cold externally applied, and such postures of the body and applications of ligatures, as may occasion a determination, or accumulation of the blood in particular parts of the body.

Dr. Buchan, when treating of this subject, very justly observes, that “Involuntary fluxes of blood may proceed from *very different*, and often from *quite opposite causes*.” Of these the Doctor enumerates no less than thirteen; and then very properly observes, that “The cure of a hæmorrhage must “be adapted to its cause.” An assertion to which all must readily assent, and heartily regret that any one should ever be induced to attempt the management of a disease, dependant on such various causes, with no other information than that which they may have derived from some treatise on domestic medicine.

If the system has once suffered a loss of blood, by accident, by art, or by a spontaneous effusion ; that quantity is not only quickly restored, but fresh blood is formed so fast, that a preternatural fulness, or plethora, is very soon produced ; which is frequently succeeded by a return of the bleeding. This is again, in like manner, followed by a rapid restoration of blood, fulness, and hæmorrhage. These alternations of evacuation and repletion, being thus repeated, a disposition to hæmorrhage is, agreeable to a certain law of the animal œconomy, occasioned ; and the disease, of course, rendered more difficult of removal. Nor is this all, for, in proportion to the length of the continuance and frequency of recurrence of hæmorrhage, will be the danger of its occasioning other diseases, either by its continuance or suppression.

The positions here advanced, which are founded on the known laws of the animal œconomy, and are proved by the daily observations of every attentive medical man ; must shew clearly the danger of permitting, through neglect, or an ill founded timidity, the continuance of hæmorrhage : the probability of its inducing future disease, having been shewn to be, in proportion to the quantity of blood which is permitted to flow.

Every science, in an age of enquiry, is constantly receiving some improvement, by the accession of
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some new fact, or some ingenious observation.— Thus has the art of healing derived considerable light, from the observations and reasoning of Dr. Cullen, on this point. He having clearly evinced the necessity of preventing the occurrence of hæmorrhage ; and, in most cases, of moderating effusions of blood, when they have actually come on.

The opinions on which the practice of encouraging hæmorrhage had been founded, were derived from some fallacious conjectures, respecting the influence of the soul on the body ; the soul having been supposed to direct and occasion such changes in the system, as were necessary to the prevention or removal of disease. It was also imagined, that the body was, in general, disposed to a plethoric state ; that the greater part of the diseases to which the human body is subject, was produced by this cause ; and that spontaneous hæmorrhage was, almost always, the consequence of the efforts of certain powers in the system, exerted for the removal of some disposition to disease, or of the disease itself, if already formed. On these principles the flow of blood was permitted, until, through the weakness of the patient, it ceased ; it being supposed, that when a sufficient quantity of blood had flowed, to effect the intended salutary change, it would then spontaneously stop. Nor was this the utmost extent of this mischievous doctrine, for the same arguments,

arguments, which induced them thus to allow the ravages of the disease, in the first instance, occasioned them also to encourage its return.

It may be easily conceived, that these repeated losses of the blood, on which the formation and nourishment of every part of the body depends, must render that fluid thin and impoverished; and occasion it to possess, after each effusion, less and less of those principles, which are more particularly appropriated to the support of the system; although, at the same time, the circulating fluids may exceed their natural quantity.

Thus, then, by permitting the repetitions of hæmorrhage, may such a state of the system be produced, as will very probably occasion wasting the body, dropsy, or some other disease, which, being founded on general debility, will be very difficult to be removed.

Dr. Cullen's reasons for supposing that hæmorrhage should, in general, be avoided, are, "1st. Because it does not always happen in parts where it is safe. 2dly. Because often, while it does relieve a plethoric state, it may, at the same time, induce a very dangerous disease. 3dly. Because it may often go to excess, and either endanger life, or induce a dangerous infirmity. And lastly, because it has a tendency to increase the plethoric

“ric state it was meant to relieve ; to occasion its
“own recurrence ; and thereby to induce a habit,
“which, if left to the precarious and unequal ope-
“ration of nature, may, from the frequent errors
“of this, be attended with much danger.” *

Having recommended the prevention of plethora, rather than the allowing of the return of hæmorrhage, it is necessary to describe the means by which this end may be accomplished.

The innumerable secretions made from the general mass of blood, occasions a continual expence of that fluid ; and exercise, as it promotes almost every secretion, so must it produce an increase in the consumption of the blood. The quantity of blood thus expended, is restored by the continual accession of new blood, formed from the chyle, which is immediately derived from the various substances taken as aliment. The quantity of blood must, therefore, depend on the quantity of aliment from which it is produced, and the degree of exercise, by which its expence is occasioned ; in proportion as the one or the other of these preponderate, will a disposition to plethora, or to the contrary state, take place.

To prevent the quantity of blood from exceeding its due proportion, exercise, then, should be
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used freely, the quantity of food must be diminished, and should be composed of such substances, as are nourishing, only in a moderate degree ; such as vegetables, milk, &c.

Proper means must, at the same time, be employed, for keeping the bowels in a laxative state ; and the circumstances which have been before described, as exciting causes, must carefully be avoided.

When hæmorrhage has actually come on, and it appears proper that it should be moderated, the application of every thing heating and stimulating must be carefully avoided. The air of the chamber should be cold, and no malt liquor, wine, or spirits, permitted the patient. This caution is necessary, since it very frequently happens, that the patient is very freely supplied with these pernicious liquors, with the intention of removing the sickness and faintness, which accompany the discharge. The patient should be kept in such a posture, as may least favor the impetus of the blood towards the part from which it flows :—but this, as well as the other means of cure, will be more fully treated of, when speaking of hæmorrhage from particular parts.

Hæmorrhages proceeding from a dissolved state of the blood, will always require the most vigorous exertions for their suppression ; since, by their continuance,

continuance, they necessarily increase that morbid state on which they depend.

Upon the whole, when we consider how numerous the causes of hæmorrhage may be ; and how necessary it is to ascertain the cause on which each case depends, before a determination is made on so nice a point, as whether the hæmorrhage shall be restrained or suffered to continue ; it must be agreed, that no decisive step ought to be taken, until competent advice has been obtained. Until then, little more should be done than removing any of the circumstances, which are above enumerated, as likely to become exciting causes ; and employing such means, as may moderate the discharge, if it is violent, and the patient apparently sinking. Skill is required in the treatment of few diseases more than in those of this class ; the case being often such, as, from its urgency, to require an immediate decision ; and the future health, and even the life of the patient, may depend on the judgment with which it is made.

BLEEDING FROM THE NOSE.

FROM the very considerable number of blood-vessels with which the internal surface of the nostrils is furnished, and the delicate texture of their covering, we may account for the frequency with which this complaint occurs. This

This complaint may be met with at every period of life ; but the changes which take place in the system, just before puberty, and after the age of forty and fifty, are such as to render it more likely, that, at these periods, the effusion should take place from this part, than any other.

During the existence of febrile, or inflammatory complaints, in which the head is much affected, bleeding from the nose sometimes happens ; in general proving critical, and being followed by the removal of the prior disease. This discharge also often occurs, in fevers which are accompanied by a languid state of the system, and a dissolved state of the blood. It also frequently happens, when there is no reason to suspect it to depend on any particular state of the system, but is only produced by some incidental cause ; such as a violent effort made in sneezing, &c. ; or the application of some hard substance to the internal surface of the nose.

Bleedings from the nose in young people are seldom in any considerable quantity ; generally ceasing spontaneously, after a moderate flow, or yielding to the application of cold water to the nose and surrounding parts ; or to the application of any very cold substance, to any part of the surface of the body : as may be observed, in the common practice of putting a cold piece of metal, as a key, down

down the back, next to the skin, which induces a shivering, soon after which the bleeding generally stops.

The infrequency of this discharge being directly followed by any evident ill consequence, and the facility with which it is in generally restrained, contribute to mislead the patient and his friends, into an opinion, that no harm can be produced by a disease so common, and apparently so trivial. The patient is therefore, in general, consigned to some good woman, the bleeding ceases, but no proper means are adopted to alter the state on which the disease depends, and thereby to prevent its return.

To shew to those who are too much disposed to trust to the vague and dangerous practice of domestic medicine, the necessity of obtaining the advice of the skilful and judicious, in these cases, nothing more, surely, can be necessary, than to point out the state of the system, at this time ; and the probable mischiefs that may succeed to improper management.

From attentive observations, it appears, that in those young people who are subject to bleedings from the nose, there exists not only a general fulness of blood ; but also an increased determination of the blood towards the head. This is a state which certainly demands the greatest care and at-

tention; since, should the hæmorrhage be restrained, without the adoption of due precautions, the blood might force an opening through some other vessels, situated, perhaps, in a part, where, as in the brain, it might occasion a fatal injury. And, on the other hand, if, by neglect of proper management, the bleeding should be suffered repeatedly to return, and become periodical; there will be reason to fear, lest, when the patient arrives at his full growth, a rupture of a blood-vessel in the lungs, terminating in a consumption, may take place. In confirmation of this opinion, I may here repeat a common observation; that those, who are most liable to a discharge of blood from the lungs, have been subject, when young, to bleeding at the nose.

When this disease happens to those who are advanced in years, the nicest judgement is required, in adopting the mode of treatment. As it certainly often prevents an attack of palsy, apoplexy, &c. there cannot exist a doubt of the impropriety of checking the discharge, at its first appearance: on the contrary, it is frequently necessary to have recourse to bleeding, from the arms, and to other means calculated to diminish the general fulness, and to take off the determination to the head.

A careful attention to the foregoing indications is necessary, not only at the time when the hæmorrhage

hæmorrhage exists, but should be assiduously persevered in, for a considerable time after the hæmorrhage has ceased ; and, in many of these cases, a strict regard must be paid to rules, even during the remainder of life.

The general principles, on which it is necessary to proceed in these cases, both with respect to the treatment of the hæmorrhage itself, and to preventing its return, are laid down in the preceding chapter. But much caution is necessary, in the application of these principles to particular cases ; since an error, on either side, may be followed by considerable mischiefs : on the one side, by occasioning a rupture of a blood-vessel in some vital part ; and, on the other, by laying the foundation for dropsy, or some one, of the numerous class of diseases, dependent on debility.

Bleeding from the nose, in febrile or inflammatory diseases, especially when preceded by pain in the head, flushed countenance, and redness of the eyes, will, in general, be found to be critical and salutary : and, consequently, must not be checked, unless it becomes profuse, and is likely to exhaust the patient too much. Much caution and skill is requisite, in forming a right judgement, in these cases ; since it often happens, that fevers, and various febrile complaints, at their commencement, and during some part of their course, are accompa-
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nied with strong marks of inflammation, to which, however, excessive debility very soon succeeds. In such cases, this discharge, although happening at a critical period of the disease, will, if not very moderate, be likely irretrievably to sink the patient.

When this hæmorrhage happens in putrid fever, ulcerated fore throat, or any of those diseases, which, from their first appearance, are accompanied with great debility of the system, the earliest efforts must be exerted to restrain it; since the loss of even a small quantity of blood, may, in these cases, be productive of fatal consequences. The occurrence of hæmorrhage, in these cases, is very rarely accompanied with circumstances which render this advice improper.

Where there is nothing to forbid the suppression of the hæmorrhage, the following means may be employed. Cloths dipped in cold water, vinegar, or spirits, may be frequently applied to the nose and face; the body should be kept in an erect posture, and exposed to the free access of cold air. If these should not prove sufficient, a piece of lint, rolled up in the form of a cone, must be introduced into the nostrils; no benefit can, however, be expected from this, unless it is applied with sufficient force to press on the orifice of the ruptured vessel. If this should not succeed, the lint may,
previous

previous to its introduction into the nostril, be enveloped in flour ; and, if this fail, the lint may again be introduced, with the addition to the flour of a fourth part of finely powdered allum. It is almost unnecessary to add, that every thing likely to stimulate the nostrils must be carefully avoided.

Dr. Buchan recommends, that “the garters may be tied a little tighter than usual. Ligatures may be applied to the arms, about the place where they are usually made for bleeding, and with nearly the same degree of tightness. These must be gradually slackened, as the blood begins to stop; and removed entirely, as soon as it gives over.”

But this practice is not likely to produce the beneficial effects, for which it is recommended. Dr. Chapman, in his ingenious *Theses on Hæmorrhages*, remarks, that ligatures are sometimes applied to compress the veins, and thereby to retard the return of the blood from any part to the right ventricle of the heart, with the expectation of diminishing the action of the heart, and of lessening the velocity and force, with which the blood circulates.

But this practice, he observes, was introduced before mankind had obtained a thorough knowledge of the circulation of the blood ; and is manifestly liable to objections, which cannot easily be overturned.

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In the first place, it is difficult to apply the ligature so as to compress the veins, without making a pressure on the arteries also ; so that it may happen, that as much injury may be produced, by interrupting the passage of the blood from the heart, as benefit can be expected by impeding its return. Secondly, suppose that the pressure is even confined to the veins alone, the beneficial effects which are thence expected cannot possibly last long ; since such a degree of compression must, in a little time, affect the arteries, to the same degree, as though the ligatures had been applied to the arteries themselves.

HÆMORRHAGY FROM THE LUNGS, OR SPITTING OF BLOOD.

HÆMORRHAGY from the lungs, or, as it is commonly termed, spitting of blood, is generally preceded by a frequent cough, a sense of tightness, weight, and anxiety in the chest ; and, sometimes, by a coldness of the limbs, or a general shivering. A saltish taste of the spittle, and a troublesome tickling of the upper part of the windpipe, frequently occur, just before the discharge comes on. The quantity of blood spit, at the first attack of the disease, differs very much, in different cases ; sometimes only appearing in streaks, mixed with the phlegm,

phlegm, and, in other cases, proceeding in such considerable quantities, as even to threaten suffocation.

Some judgement is necessary to distinguish, from what part the blood proceeds, which is thrown out of the mouth ; since it may not only be derived from the lungs, but also from the stomach, the mouth, the back part of the nostrils, or the upper part of the throat. The treatment which these latter cases require, differs so much from that of an hæmorrhage from the lungs, that considerable injury may be produced by an attempt to perform the cure, unless the seat of the disease is previously ascertained.

The discharge sometimes comes on without any previous notice ; and is then, generally, the consequence of some excessive exertion of the lungs, as in a violent fit of coughing, &c. When this is the case, and the habit of body is perfectly free from disease, the hæmorrhage will sometimes soon cease. The same happy termination may, for the most part, be expected, when the disease is even the result of a plethoric state of the system ; but if a disposition to consumption previously existed in the habit, there will be the greatest reason to expect that disease may be speedily induced.

But when the disease is preceded by the symptoms before mentioned, and the hæmorrhage does
not

not immediately cease, the disease will generally proceed in the following manner. After the discharge of blood has taken place, the foregoing symptoms are, in a great part, relieved; the chest becomes more free, the breathing is performed with less difficulty, and the cough is less frequent. After a little time, more blood oozing from the ruptured vessel, occasions a degree of weight and uneasiness of the lungs, and the return of the irritation in the windpipe: to this the cough very soon succeeds, by which the extravasated blood is again thrown off the lungs.

It frequently happens, that the patient is enabled to predict the return of the hæmorrhage, by the increase of some of the foregoing symptoms, which generally takes place after a little respite.

In those cases, where the disease terminates favourably, the quantity of blood becomes less and less, in every spit, the breathing remains easy, and the cough soon ceases. The spit may remain tinged for a little time, but, at last, resumes its natural appearance.

But if ulceration of the lungs comes on, as the spitting of blood disappears, a spitting of thick yellow matter comes on; the breathing continues difficult, and the cough frequent. When this unhappily takes place, the wasting of the patient, frequent
heat

heat in the palms of the hands, and flushings on the cheeks, will soon point out too plainly the fatal tendency of the complaint.

As this is a disease in which there is for the most part a considerable degree of danger, and as there is no case in which it occurs, in which the greatest care is not necessary, no one should think of hazarding in any instance of it, the practice of domestic quackery. In all those cases, however, where the disease comes on suddenly, and the aid of the judicious cannot be immediately obtained, it will be necessary to have recourse to such means as may prevent the return of the hæmorrhage. With the hope of accomplishing this, blood should be taken away from the arm, especially if the pulse be full, or there exists any degree of fever: the apartment should be cool, and the patient kept entirely still; particularly avoiding any exertion of the lungs, as in loud speaking, &c. Animal food, and even broths, must be strictly avoided, the diet being allowed to consist only of such things as contain but very little nourishment; and even these, only in small quantities. Nothing should be drank warm: the beverage which may be barley-water or toast and water, either ascidulated with the juice of lemons, or not according to the inclination of the patient, must be taken as cold as possible; and stools may be procured by the use of some mild purgative, as lenitive electuary, manna, &c. By an attention to these

rules, and what has been already said, when treating of hæmorrhage in general, the disease may commonly be prevented from increasing, until proper assistance is obtained.

To prevent the return of this disease, the rules already laid down, must be carefully attended to ; and to those may be added, as particularly requiring attention, the injunction, that all exertions be carefully avoided, which detain, or which hurry, the blood, in its passage through the lungs ; such as singing, loud speaking, running, coughing, lifting great weights, &c.

HÆMORRHOIDS, OR PILES.

THE piles are small round prominent tumors, formed near the verge of the anus. When blood is discharged from these tumors, they are termed the *bleeding piles* ; when this is not the case, they are said to be the *blind piles* ; and when the discharge, or the uneasiness, proceeds from within the rectum, and no tumor appears externally, the disease is termed the *inward piles*.

The piles sometimes come on without any previous symptoms ; but, in general, they are preceded by symptoms, which evidently shew a plethoric state
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of the system ; such as giddiness, pain and weight of the head, and pains in the back ; and when the bleeding takes place, these symptoms generally go off. The quantity of blood varies in different cases ; in some, being very trifling, in others so considerable, as even to threaten the life of the patient. The discharge frequently, as in other hæmorrhages, becomes periodical. In some cases, it seems to consist of pure blood ; but much difference is observable in this respect, since the discharge is, in other cases, almost colourless.

The piles sometimes come on, and continue some time, with but little pain, or inconvenience, excepting heat and itching about the fundament ; but sometimes they are from the first exceedingly painful, swelled and inflamed. In these cases, if the means which are had recourse to do not prove successful, the pain and inflammation increase, until the whole system becoming deranged, fever at length ensues. If the inflammation goes on to suppuration, the patient undergoes the utmost distress, and most excruciating pain ; being often prevented from voiding either stools or urine, until supuration being completed, a discharge of the contained matter takes place, accompanied by an alleviating of almost all the distressing symptoms. In particular habits of body, and in cases where the inflammation has been very considerable, they sometimes

times terminate, not in suppuration, but in a gangrene, or mortification of the effected parts.

This disease most commonly happens to those who are beyond the middle stage of life, and are of a relaxed habit of body, and melancholic temperament. Those who have before suffered repeated losses of blood are, for the reasons before assigned, particularly liable to attacks of this disease; and, for the same reasons, those who have been long subject to other discharges, such as from ulcers, issues, &c. are frequently troubled with this complaint, upon those discharges ceasing. Want of exercise, and excessive indulgence in eating and drinking, particularly of highly seasoned foods, wines, and spirituous liquors, are frequent causes of this malady. But the most frequent exciting cause of this disease, is the passing of indurated excrement, or the too free use of strong purging medicines, as aloes, jallap, &c. But whatever circumstances occasion a fulness of habit, and diminishes the freedom of the circulation in the intestines, and in the inferior part of the body, may produce this disease.

In those cases where but little pain or inconvenience is produced, no applications will be necessary to the part, nor any internal medicine required, excepting some gentle laxative to be taken occasionally. The symptoms, however slight, should serve to admonish the patient of the necessity of his adopting
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the proper regulations in his diet, and mode of living; lest the disease be augmented, or some more dangerous malady be induced. This is a moment which ought not heedlessly to be passed over, since the disease being once permitted fully to form itself, a disposition to future returns, succeeds; and this disposition is increased by each fresh attack. On the other hand, should the progress of the symptoms be checked, and the hæmorrhage stopped, without due precautions, a foundation may be laid for some more alarming and dangerous disease.

Since there cannot exist a doubt, but that very considerable mischief is often the consequence of patients themselves, and of domestic practitioners adopting the opinion, that the hæmorrhoidal discharge is not only innocent, but salutary, and even necessary; it cannot but be beneficial to endeavour to shew how far this opinion is correct.

A plethoric state of the system, in general, accompanies the first, as well as every subsequent attack of the piles. If this is not otherwise reduced, a bleeding from the piles takes place, and the equilibrium is thereby restored. But if the causes of this morbid state of the system are not removed, the fulness returns; the parts affected with the piles having been weakened by the previous distention, more readily become again loaded with blood, and the hæmorrhage
again

again takes place. Thus, successive alternations of fulness and hæmorrhage are produced, until, at last, the returns of plethora become periodical, and even, in some measure habitual. When this is the case, if the hæmorrhage be prevented, without, the necessary regulations being adopted, other diseases, the consequence of plethora, may be induced; and may be removed by the return of the hæmorrhage. But here let it be remarked, that these diseases are attributable to the permitting of the hæmorrhoidal flux, at the first, instead of correcting those disorders of the system by which it was occasioned.

When the piles are accompanied with much pain, it is to be feared that suppuration may take place. Many applications are recommended for the piles, when they are become swelled and painful; but to be able to point out which of these is preferable, it is necessary first to know the actual state of the parts, as the remedies which may be proper where inflammation has not taken place, may prove highly injurious where that state of the parts exists. Instead of enumerating these, I shall, therefore, call the attention to the consequences of neglecting to employ the most proper means in such a case.

In most cases of painful piles, more or less of inflammation is present. And if this inflammation is not successfully opposed, it will soon extend itself to the adjoining

joining parts, not only producing the most excruciating pains in the fundament, but also in the neck of the bladder ; occasioning almost an entire suppression of the urine. When this happens, the patient may be assured, that it will be with very great difficulty that a suppuration in the adjoining parts will be prevented. Should suppuration take place, the patient should consider, that he has now a much more disagreeable disease to combat with, than before, and that the free and skilful exercise of the chirurgic art, alone can prevent him from suffering the inconvenience and pain of a fistula.

Where the inflammation is violent, and continues for some time, without any appearance of suppuration, an event may be reasonably feared, by which the life of the patient must necessarily be brought into the most imminent danger. Hence it must plainly appear, that where the piles become inflamed, the most judicious exertions are necessary, to prevent the most serious evils from taking place.

The regulations of diet, exercise, &c. necessary for the prevention or removal of that state on which this disease depends, may be learned from what has been already laid down in the immediately preceding chapters.

IMMODERATE

IMMODERATE FLOW OF THE MENSES.

It is not every variation in the period or quantity of this discharge that is to be considered as a disease, since every healthy female is not exactly alike in these respects; the discharge recurring, in some cases at longer, and in others at shorter, periods; in some cases in larger, and in others in smaller quantities; without the appearance of any circumstance that points out the variation to be unnatural, or unequal to the necessities of the constitution. Slight deviations in these respects may also occur in the same person, without being accompanied by any mark of disease.

But when the discharge is considerably increased beyond its accustomed quantity; when its returns are at much shorter periods than usual; especially if preceded or accompanied by cold chills, succeeded by heat and thirst, pain in the head and giddiness, shortness of breath, and pain in the loins, it may be concluded, that it exceeds the natural and salutary quantity. If the disease is not now checked, other symptoms, the consequence of excessive debility, soon come on; the face becomes pale, the feet are with difficulty kept warm, and become affected with an œdematous swelling; a fluttering and extreme sinking is felt in the inside; the stomach, instead of requiring food,

food, is almost constantly affected with nausea ; the pulse is small and frequent ; the surface of the body is frequently covered with a cold sweat, and extreme agitation or fainting is occasioned, even by the slightest alarm. When the disease has proceeded thus far, a trifling circumstance may produce an alarming change ; a sudden and copious discharge may be almost immediately succeeded by fainting, and even death ; or the continuance of a discharge, not sufficient to occasion immediate dissolution, may be productive of dropsy, and other complaints founded on extreme debility.

The increase, both in the frequency and the quantity of the discharge, may take place so gradually, and the mischievous consequences be induced in so insidious a manner, that frequently the patient may be reduced to a dangerous state of debility, before she is sufficiently alarmed to seek for assistance ; or even before she is convinced of the existence of any disease.

Females who lead a life of indulgence and inactivity, and who have been weakened by frequent miscarriages, difficult labours, and immoderate discharges from other causes, are particularly liable to this complaint ; as well as those who have suffered the suppression of some long continued evacuation, or who have submitted to frequent bleedings. Distress, and

anxiety of mind, indulgence in wine, and spirituous liquors, also dispose to this complaint. The exciting causes of this disease, may be the same with those already enumerated, when treating of the other hæmorrhages ; to which may be added, as particularly likely to induce this species of hæmorrhage, sudden frights, violent fits of passion, and the improper use of strong cathartic and forcing medicines ; particularly of the various pills, advertised under different titles, but which are almost wholly composed of aloes, scammony, and other violent drastic purgatives ; which have the power also of determining the blood into the uterine vessels.

This hæmorrhage is not always an original complaint, it sometimes being a symptom of some other disease. Ulcers, polypous concretions, scirrhus and cancerous affections of the womb, being frequently accompanied with this species of hæmorrhage.

When the various modes in which this disease makes its attacks are considered ; being one while so violent, as to excite well founded fears of immediate dissolution ; at others, so insidious as entirely to sap the strength of the constitution, and bring on diseases the most difficult of cure, before the least alarm is entertained by the unsuspecting patient ; the necessity of procuring early help must be obvious to every one. And when the variety of causes by which it may be produced

produced is also considered, not a doubt can be entertained of the imprudence and danger of trusting the cure of such a disease, to the hazardous attempts of domestic quackery ; especially, since the hæmorrhage may, as has been just observed, be only the symptom of some other disease, which may be entirely overlooked and neglected ; whilst the endeavours made for the removal of the hæmorrhage must necessarily prove ineffectual, the disease on which it depends continuing unabated.

If an additional argument is necessary to prove the danger of such interference, it may be derived from the consideration, that the necessity of making that difficult and nice distinction between hæmorrhagy depending on increased vigour, and that which arises from the contrary state of the system, is more frequently required in this than in any other species of hæmorrhage. And as the disease may depend on either of these two opposite states of the system, endeavours for a cure which are made without necessary skill, may not only prove ineffectual, but, by promoting that state of the system on which the disease depends, may increase every symptom.

Directions for the management of this discharge, when it is not considerable, as well as for preventing its return, are here unnecessary ; since, in these cases, there is no pressure of haste which ought to prevent application,

application, for the advice of the regular professor of the healing art. When the hæmorrhage is sudden and profuse, the patient should, as soon as possible, be deprived of every part of her clothing, which may occasion the least interruption to the free circulation of the blood, and be placed in an incumbent posture, in a cool chamber, being covered but lightly with bed-clothes. Every thing which is drank should be as cold as possible, and cloths dipped in cold water should be frequently applied to the loins and neighbouring parts.

VOMITING OF BLOOD.

WHEN blood is brought up manifestly by vomiting, there can be no doubt of its proceeding from the stomach. An uneasy state of the stomach commonly, for some time, precedes this discharge. Pain in the region of the stomach, accompanied by anxiety, and a sense of oppression, is in general experienced, just before the coming on of the hæmorrhage.

If this complaint is the consequence of a suppression of the menstrual, or hæmorrhoidal discharge, and is in a small quantity, there may not be reason to apprehend much danger. But if the discharge is very considerable, and black grumous blood is discharged, both by vomiting and by stool, the disease is really alarming,

ing, and demands a careful enquiry as to its cause, and the most skilful exertions to effect its cure. Not a moment should be lost, but the best assistance should be obtained as soon as possible. In the mean while, the means recommended in hæmorrhage from the lungs, may be employed. Those who have suffered from this disorder, should, for some time afterwards, be very careful to take nothing into the stomach which may be likely to irritate it, or to produce vomiting. The mode of living should, for some time afterwards, be similar with that recommended after inflammation of the stomach.

VOIDING OF BLOOD FROM THE URINARY PASSAGE.

BLOOD discharged with the urine may proceed from the kidneys, the ureters, the bladder, or the urethra (the canal which conveys the urine from the bladder.) The part whence the discharge of the blood proceeds is to be discovered by attending to the symptoms which preceded, and which accompany the discharge. In general, it is a symptomatic affection of some disease, and by the cure of that only can be removed.

CATARRH.

CATARRH.

At the commencement of this disease, the patient generally complains of weariness, and disinclination to move ; frequent thrills of cold, succeeded by transient gleams of heat, run through the whole frame ; the head aches, and seems heavy, and the throat feels rough and dry. Soon after this, a slight difficulty of breathing, hoarseness, and frequent dry cough, supervenes. Oftentimes the disease is accompanied with a heat and foreness of the eyes and nostrils ; a limpid, acrid liquid flowing constantly, both from the nose and eyes.

As the disease proceeds, the skin becomes hot and dry, the pulse hard and full, and the urine high coloured ; the patient soon loses all desire for animal food, is restless and thirsty, and much harrassed with the cough. After a little time, a small discharge of mucus is produced by the cough, which gradually increases : the roughness and foreness of the throat, the fever, cough, and other symptoms, lessening, as this discharge thickens ; soon after which, the disease, generally, goes entirely off.

The progress of the disease, as here described, is, however, only to be met with in those cases where nature has been assisted by well adapted means ; or,
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at least, has not been interrupted by improper interference. But where the disease, existing to a considerable degree, has been neglected ; or where trifling cases have been exasperated by improper treatment ; a variety of symptoms may arise, by which the real nature of the disease may be concealed from an uninformed practitioner, and the danger, of necessity, augmented.

Those who have already suffered from this disease, are particularly liable to future attacks ; those also, whom previous indispositions have rendered it necessary to confine themselves to the house, for a time, are very likely to be affected with this disease, at their first exposure to the open air.

This disease is sometimes produced by a specific contagion ; and when it thus occurs, it is observed to spread to a much greater extent than any other epidemical disease. But the most frequent cause of this malady is the too sudden transition from one atmosphere to another, much higher or lower in its degree of temperature.

When a person is affected with what he supposes to be a common cold, as it is termed, he generally either neglects it entirely, or attempts its removal by spirituous and heating drinks, hoping thereby to excite a sweat. In the one case, the parts affected become so
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injured and weakened, by the long continuance of the disease, as to be rendered particularly liable to future attacks ; in the other case, there is the greatest probability that the disease will be immediately aggravated, and perhaps additional disorders occasioned.

Where the nature of the disease is obvious, and where the breathing is perfectly free, the feverishness very slight, the appetite but little impaired, and the cough not very frequent, attempts may be made, by domestic treatment, to carry off the disease at its commencement. This may frequently be done, by bathing the feet and legs in lukewarm water, immediately before going into bed, and drinking freely of some warm diluting liquor, such as barley-water, weak whey, &c. thereby exciting a free perspiration.

The patient should carefully avoid every circumstance which may tend to quicken the circulation of the blood. Animal food, spirituous liquors, wine, beer, &c. should be entirely omitted. The food should only consist of milk and vegetables, and their various preparations, such as rice-gruel, panada, salop, sago, &c. The drinks may be barley-water, pectoral decoction, infusion of linseed, bran-tea, &c. These may be sweetened with honey, and rendered pleasantly acid by the addition of the juice of lemons or oranges.

In those cases where the cough is very frequent, the fever considerable, and the breathing interrupted
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by transient pains, or tightness of the chest, the management of the disease will require the utmost care and skill : since, if a proper mode of treatment is not early adopted, inflammation of the lungs will, very probably, soon succeed, which, if not speedily detected and removed, will be too likely to terminate in a decline.

In those persons who have previously suffered from spitting of blood, or who have been at all disposed to consumption, it is absolutely necessary that the most cautious and vigorous measures be pursued, at the very onset of the disease ; as there exists not a doubt, but that, in such subjects, *a common slight cold*, as it is termed, frequently proves the exciting cause of a consumption.

The probability of consumption immediately succeeding to inflammation of the lungs, must be readily conceived by any one, who has even the slightest knowledge of the functions of that organ. To such, then, it must be sufficient to give them the information, that this disease, the danger of which is so slightly estimated, is an inflammatory affection of the mucous membrane which lines the windpipe, and even its ramifications in the lungs. If this be duly considered, surely the probability of the inflammation extending itself to the substance of the lungs must appear sufficiently evident, as well as the necessity of early adopt-

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ing the most powerful means for the removal of the disease.

Nor is it to the first attacks of this disorder only, to which I would call particular attention. Many cases may occur, in which the first symptoms of the disease may be very slight ; and the disease may proceed without being characterised by any marks, which may lead to a suspicion of danger ; but in which the cough may be tediously protracted. Frequently, when this is the case, the patient and his friends, deceived by the absence of fever, and the small inconvenience otherways experienced, allow the continuance of this injurious symptom, until such mischief is produced, as no subsequent care, or exertion, can remove.

From inattention and improper management, at the commencement of this disease, originates that affection of the lungs, which has been described as bastard peripneumony ; true inflammation of the lungs, and consumption, also frequently proceed from the same cause. From its frequent recurrence proceed constant and troublesome accumulation of mucus, or phlegm, and asthma.

The frequency with which this disease occurs, in this part of the world, and the slight degree of interest and alarm, which is, in general, excited by the expression, *catching cold* by which this disease is commonly

monly described, to frequently occasion that neglect, by which the foregoing maladies are produced.

Fully satisfied that vast numbers fall victims to the supposed insignificance of this insidious enemy, I have been anxious to display to your view the danger of not opposing his attacks, however weak and trifling they may appear.

It frequently happens, that catarrhal complaints, even when not existing to an alarming degree, terminate, as has been already mentioned, in an affection of the lungs known by the name of bastard peripneumony ; a disease which differs much from catarrh in its nature, and consequently requires a very different mode of treatment. But this change may come on so gradually, and in a manner so little likely to excite the attention of a common observer, that much mischief may arise, from not timely adapting the mode of treatment to the irritation which has taken place.

That truly dangerous malady, the croup, is very likely, especially in the first stage, to be mistaken for, and treated as, a simple catarrh, by those whose judgment has not been formed by observation and experience. A mistake in this point cannot but prove highly injurious ; since the ordinary remedies for catarrh, would prove of no effect in checking the rapid progress of this dreadful disease.

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The cough, which frequently is very troublesome, almost entirely engrosses the attention of domestic practitioners, who, omitting the necessary regulation of diet, as well as the use of means likely to correct the febrile state of their patients, frequently content themselves with attempting to put a stop to the cough, by the exhibition of some opiate, as the Paregoric Elixir ; which, in most cases, will not only prove inadequate to the purpose for which it is given, but will seldom fail of considerably augmenting the disease itself.

Most of the nostrums advertised as *cough drops* &c. are preparations of opium, similar to the paregoric elixir of the shops ; but disguised, and rendered more deleterious, by the addition of aromatic and heating gums. The injury which may be occasioned by the indiscriminate employment of such medicines, in this disease, may be very considerable ; as is well known to every person possessing, even the smallest share of medical knowledge.

It would undoubtedly be rendering a great benefit to society, if some medical man were to convince the ignorant, of the pernicious consequences of their reliance on advertised nostrums : but, unfortunately, the situation in which medical men stand, is such, that their best intentioned, and most disinterested exertions for this purpose, would not only be but little regarded,

regarded, but frequently would be even imputed to base and invidious motives. Those to whom they have to address their admonitions, are, unhappily, those, on whom reason has least influence. "Prithee, Doctor," said an old acquaintance to a celebrated empiric, who was standing at his door, "how is it, that you, whose origin I so well know, should have been able to obtain more patients, than almost all the regular bred physicians?"—"Pray," says the quack, "how many persons may have passed us whilst you put your question?"—"About twenty."—"And pray how many of those do you suppose possessed a competent share of common sense?"—"Perhaps one out of the twenty."—"Just so," says the Doctor, "and that one applies to the regular physician; whilst I and my brethren pick up the other nineteen."

Those who have suffered from this disease, are, I have already remarked, very liable to its future attacks; and from what has already been stated, it cannot but be evident, that most serious mischiefs may follow its frequent recurrence. The strictest care, therefore, should be taken, to avoid those circumstances, which, a little consideration will shew, may, if not properly attended to, become powerful exciting causes of this disease.

The ill effects of too suddenly passing into an atmosphere, considerably higher or lower in its degree of temperature,

of temperature, than that which has been just quitted, have been already described, when speaking of the prevention of inflammation in general. To the admonitions there given, I must beg you to revert ; with a confidence, that as this circumstance is one of the most frequent causes of catarrh, an attention to what is there delivered may be here of the utmost importance.

In guarding against this disease, considerable advantage is to be gained by a due regulation of the clothing. This should be neither too thin, nor so irregularly disposed, as to leave one part of the body naked, whilst the rest is even loaded by warm clothing. In children, and young folks, this error is too frequently observable. The former we generally see, with their legs and arms uncovered ; and the necks and chests of the latter are often exposed, unguarded, to the utmost severity of the cold. “ In every region, we may observe external warmth to be nearly as necessary as internal nourishment, for the young of almost every animal. Warm rooms and impure air may enervate the body, but warm clothing can never be injurious in cold weather. I am so thoroughly convinced, that pure air and a warm skin are indispensibly necessary for children, that I never behold them with naked breasts, legs, and arms, however hardy and robust, that I do not anticipate the horrid consequences

consequences of *angina* of croup, or of pectoral or intestinal inflammations." *

The remarks of Dr. Beddoes on this point are particularly interesting, as they are properly directed against a most silly, but prevailing notion. "In children, it is of the utmost consequence to keep the body cool, but never to suffer it to be cold. Thus, without being enervated, they may escape the fatal consequences of heat succeeding quickly to cold ; for it is not true, as seems, in consequence of an analogy more or less distinctly conceived, to have been frequently imagined, that cold hardens children as it hardens steel." †

I never witness the cruel perseverance in this pretended mode of hardening children, in which the weak and sickly hardly ever escape, but it calls to my mind the practice of those nations, who, determined to secure a hardy race, decree the decrepid and infirm to be exposed to perish, in the woods and deserts.

The use of flannel, and of the fleecy hosiery, cannot be too much urged as a preventive of this disease ; but, unfortunately, those who think catarrhal affections are of too little moment to call for much trouble in avoiding them, are generally too ready to evade

* Medical Spectator, vol. i. p. 367.

† Observations, &c. by Dr. Beddoes, p. 162.

evade the adoption of this measure, on the most trifling objections ; the chief of which is, however, the uneasiness arising from the irritation it occasions to the skin. But rather than the important advantages to be gained by this mode of clothing should be lost, the flannel may be worn over the shirt. Indeed, in those cases where there has been much weakness produced by preceding diseases, or where advantage is not expected to be derived from irritating the skin, this mode of wearing flannel is preferable to that of wearing it next the skin. Remembering that it should be removed at night, with the other daily clothing ; and that the same attention be paid to its cleanliness, and frequent renewal.

Those who are liable to this disease, should be also exceedingly cautious in their mode of living. Their diet should be light and simple, consisting more of vegetable than of animal substances. Milk, in various forms, should constitute a considerable part of their food. Spirituous liquors should be entirely avoided, and wine and beer should only be taken in small quantities ; by children, these also should be quite omitted.

The necessity of avoiding the air rushing in a stream from the crevice, or the opening of a door or window, must be so obvious, as not to require to be enlarged upon. Laying in damp beds, and sitting in wetted
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rooms, are so well known to be productive of injurious effects, that it can hardly be necessary to urge the strictest care in avoiding so open an enemy.

But there is one negligent, or cruel practice, which cannot be too severely reprehended ; since, from the frequent instances of dangerous diseases, which have been supposed to have arisen from this cause, there is too much reason to fear, that inattention, in this respect, is too frequent. Large rooms, which, being reserved for the purpose of receiving company, are shut up for many days, and even sometimes for weeks together, in damp and cold weather, are frequently used, with only the precaution of having a fire lighted in them an hour or two before the visitors arrive. The fire not having yet sufficiently warmed the room ; and the furniture, particularly the curtains, carpeting, and chair-seats, being impregnated with a considerable quantity of moisture, which begins to evaporate as the room becomes warm, the unfortunate objects of this ceremonious, and dangerous distinction, are exposed to the joint action of cold and moisture. That considerable injury may follow, there is little reason to doubt ; especially as the dresses of the persons who are thus exposed to the influence of these circumstances, are, at these times, more light and airy than their usual clothing ; and are, consequently, but little calculated to defend them from such powerfully combined adversaries.

CONVULSIVE ASTHMA.

THE ingenious Dr. Robert Bree, of Birmingham, was himself the object, he says, of the attacks of this disease, and might possibly, he thinks, have had a prospect of long complaining of its tyranny, if a determined resolution to deviate from the common path of practice had not occasionally yielded instruction, and given a basis for further experiment. From the year 1787, he examined the forms of asthma with increased industry, and was supplied with more numerous opportunities of trying the force of remedies in the paroxysms (having made experiments in one hundred and thirty paroxysms) than can generally occur in a practice of ten years, where the motives for enquiry are less personal to the physician.

From an attentive consideration of the subject, he discovered, that asthma in general is the consequence of irritation of the lungs, and that this may be produced by acrid effluvia in the lungs, but is most frequently occasioned by an effusion of serum in the vesiculæ of the lungs. Other less frequent species he also enumerates; but these it is unnecessary to notice, since all that is here intended to be done, is to enable you to form such an idea of the disease, and of the causes on which it depends, as will enable you to see the propriety of the directions for the conduct of the patient,

patient, which I shall presume to extract, for the advantage of asthmatics. It is far from my intention to attempt to furnish instructions to *practitioners of both sexes*, for the cure of this disease, being fully convinced, with the author of this valuable treatise, that “No written rules will supply the defect, which, in this disorder, as well as others, the sagacity and observation of experience can alone remedy.”

Wherever indigestion prevails, which may be known by want of appetite, flatulent distentions and pains of the stomach, heart-burn, &c. there are we to expect that asthma also may occur. Indeed, so connected are these diseases, that asthma hardly ever takes place, but flatulence, and other symptoms of indigestion, are, at the same time, discoverable.

This circumstance, if duly considered, must necessarily impress those who suffer the inconveniences of indigestion with a strong conviction of the necessity of early opposing it with requisite remedies ; and of submitting to those regulations which may be pointed out, lest the distresses arising from asthma be superadded. Again, from considering the dyspeptic condition of patients distressed with asthma, and the connection which appears to exist between the two diseases, the necessity of correcting indigestion, and of attending to a proper regimen, must be very evident to the asthmatic.

Errors in diet, Dr. Bree observes, are a copious source of inconvenience to the asthmatic. Under this head he specifies, drinking too much strong liquors, or liquors full of carbonic acid, or fixed air, with acescent materials in the composition, sweet wines, and new beer. Profuse indulgence in the use of tea, and warm watery liquids of all kinds, are exciting causes of asthma. Heavy suppers, eating between meals, and, generally, all food of difficult digestion, may produce the same effect; such are, smoked meats, pastry, fat pork or beef, water-fowl, raw vegetables, sallads, and unripe fruits; also boiled cabbage and carrots, rich soups, jellies, and sauces.

These alimentary substances are not readily governed by the stomach of an asthmatic, but remain till a fermenting process takes place; and, if purging or vomiting brings no relief, the paroxysm may be excited; even when these evacuations occur, this consequence is not often prevented. The asthmatic, he justly observes, must rigidly believe, that his paroxysms may be more frequent, or the intermissions longer; according as the seductions of the table are too powerful for his prudence, or are resisted by his care. Intoxication and surfeit are so conspicuous among the worst of his enemies, and can have so little allurements where the habit is infirm, that an asthmatic is not to be suspected of suffering from the excitement of these gross errors.

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The atmosphere produces effects on the asthmatic, by several changes. When the mercury in the barometer stands as high as thirty inches, the density of the air is sufficient, *cæteris paribus*, to preserve the intermission of his disorder; and alterations from this standard to a lower, will be, according to circumstances, unfriendly. Besides a change from this degree of density, the state of the air may be cold or warm, cold and moist, or warm and moist; and rain, snow, or frost, storms and fogs, may give additional impression; but slight in comparison of the state (the diminished density of the air) which occasions their appearances. When vapours hang low, we have a certain index of the diminished density of the air, which would otherwise carry them off; and that the cause of their low suspension is really a state of atmosphere, producing, at the same time, the disorder of the respiration.

If to the lightness of the air, *moisture* is added, the operation of its influence may be more injurious; and has frequently been felt in various situations, when the predisposition to asthma was not present.

Cold and moisture check cutaneous perspiration, and diminish the heat of the lungs; and is thereby hurtful to the asthmatic.

Cold alone will not usually excite the paroxysm, though there are states of the atmosphere, which are
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very injurious, without the positive presence of aqueous vapour, or moisture.

The East and North-East winds, not only chill the lungs, and make their capillaries passive, and incapable of contracting on their contents ; but they check cutaneous perspiration, inducing another cause of asthma in catarrh.

Changes to rain or snow affect the asthmatic, because of the decrease of weight in the air, which gives occasion to these alterations.

Storms, of any kind, are usually attended with sudden rarity of atmosphere ; and according to the prevalence of excessive heat or cold accompanying the change, the asthmatic will be more or less affected.

Active motion in a warm air, with frequent respirations, produces great increase of exhalation from the superficial capillaries, and from the lungs. The dissipation of heat, by this means, is productive of the most severe fits of asthma. Heat may be carried away from the body, by other means, besides exhalation ; and this effect takes place in frosty weather, but not usually with the same consequences to the asthmatic.

Profuse bleeding, spontaneous or artificial, has brought on asthma, in some instances ; and violent purging or vomiting may be an exciting cause of the paroxysm.

A critical attention is necessary to the calls of the stomach, and the power of that organ to perform digestion. The first should never be neglected, and the latter never oppressed. If the stomach is loaded, the fit will be more violent, than after the occasional cause of fasting. The *want of food*, or an absurd *neglect of regular meals*, will as certainly excite the paroxysm in some asthmatics, as a moderate and light supper of tender animal food will alleviate the symptoms in others.

Fasting is not only an exciting cause of asthma, but it will, according to its extent, increase the predisposition to the disease, by lowering the heat of the body.

A sudden increase in the impulse of the circulation, one cause of which may be *rapid or violent bodily motion*, may excite the paroxysm of asthma.

The suppression of the hæmorrhoidal or menstrual flux may occasion dyspnœa, or a paroxysm of the asthma.

Repelled eruptions or gout may, according to the habit in which the circumstance occurs, produce either dyspnœa asthma, or peripneumony.

Dust of any kind, metallic fumes and fetid smells, and strong perfumes, shew their effects on an asthmatic, by exciting a paroxysm.

The *smoke of tobacco* is, in most cases, offensive to the

the asthmatic ; and even when the habit of inhaling the fume is pursued, and absurdly thought to be a remedy for the disease, by those who mistake the great excretion of saliva for a necessary evacuation, the patient strengthens the predisposition to this disease. It is affirmed, that smokers are asthmatic ; and Diemerbroeck found their lungs dark coloured, approaching to black, and ulcerated. Sir J. Floyer mentions a patient, who smoked to cure a pain in the stomach, and by this means acquired the asthma.

The *aerial carbonic acid*, or *fixed air*, is an exciting cause recorded by Sir J. Floyer. I have known, Dr. Bree says, the inspiring of the vapour of fermenting substances in brewing, to be followed immediately by the paroxysm.

The *passions of the mind* may excite a paroxysm, or strengthen the predisposition to it. Severe study affects the digestive powers, and therefore promotes predisposition.

It is not my intention, in a disease so alarming, to pretend to furnish the domestic practitioner with a regular plan of treatment, nor even to particularise the several remedies which may be demanded in its several periods. I shall be satisfied with making some remarks on those remedies which are particularly demanded by the distressful state of the paroxysm, and which are generally within the reach and management of

of domestic practice ; as well as on some of those which alarm may prompt to the employment of, in defiance of the probability of dangerous misapplication.

Emetics are frequently employed with success in abating the violence of the paroxysm ; especially where the existence of indigested matter in the stomach is pointed out. But much judgment is necessary to enable any one to determine the extent to which the operation is to be carried. In some cases, strong vomiting may be necessary, and in others only nausea, and slight urgings to reach.

In severe fits of the suffocative asthma, the patient will frequently insist, in spite of the strongest remonstrances, that he may lose blood, and sometimes with such a degree of pertinacity as is impossible to resist. But the asthmatic should consider this point, in the less hurried moments of intermission ; he should then reason with his medical attendant, and carefully attend to his arguments, that his mind may be so armed, as to prevent him from soliciting for, and even insisting on, the performance of that which will have but little chance of rendering him any service, but which will, most likely, occasion an increase of that debility which helped to constitute the predisposition to the disease. Dr. Bree, speaking of the effects of bleeding in the most common species of this disease,

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says, “ I have repeatedly directed it, but have never
“ had reason to think that the paroxysm was shorten-
“ ed an hour by the loss of blood ; and I have often
“ been convinced, that expectoration was delayed, and
“ more dyspnoea remained in the intermission, than
“ was common after former paroxysms. In old
“ people, who have been used to the disorder, it is
“ certainly injurious.”

The gum ammoniac and squills, may be frequently employed with advantage. But the ordinary oily emulsions, and heavy clogging mixtures, are rarely of any use ; and indeed, by the interruption they may occasion to the process of indigestion, they must, more commonly, rather promote than remove the disease.

Blisters ought not to be employed, in this disease so indiscriminately as is generally the case. Their operation is not sufficiently rapid to expect much advantage from them, during the paroxysm ; and it should be remembered, that in every case where either they or issues are employed to procure a continued discharge, if the case be not such as to require evacuation, injurious weakness, in proportion to the discharge, will be produced.

The experiments and observations, of which I have spoken when treating of consumption, shew that considerable advantage may be derived from breathing
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air containing more than the ordinary proportion of oxygen.

The acid of vinegar, distilled vinegar, or, if that cannot be readily obtained, common vinegar, in a dose of two table-spoonfuls, with an equal quantity of cold water, is a remedy, from which relief may be frequently obtained in the paroxysm. Dr. Bree says, that in asthma proceeding from the irritation of mucus, vinegar is the most useful medicine, in the paroxysm, which I have tried.

Warm bathing, he remarks, is hurtful in every species of asthma : but, he asserts, upon numerous trials of its efficacy, that there is no single remedy of more value, in all species of the complaint, during the absence of the paroxysm, than the cold bath.

Having already pointed out the connection between asthma and a weakened state of the stomach, the necessity of having recourse to those means which may give tone to this bowel, and thereby assist digestion, must be obvious. But the asthmatic should also consider, that to accomplish this end, a patient and resolute perseverance in the course of medicines which may be prescribed for this purpose should be adopted. On nothing less can any hopes of benefit be placed.

With the hope of preventing returns of the disease,
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the patient should be very strict in the diet he employs. From the observations on the causes of this disease, above mentioned, the asthmatic will learn what errors of diet should be avoided : and to the rules he there obtains, he may add the following. His food should not be generally fluid and poor—watery gruels and broths are therefore improper, the stomach requiring solids. Vinous drinks also should be avoided. Acidulated water, milk and water, with toasted bread or biscuit ; rice boiled in broth until it is soft, without fat, are suited to the paroxysm. Hot liquors are always improper. Cold water is taken with great benefit ; and, if acidulated with vinegar, its good effects are often very considerable.

A strong infusion of coffee was recommended by Sir J. Pringle, as a powerful medicine in the paroxysm. It was also successfully employed by Floyer. Dr. Percival also recommends its use. Dr. Bree also advises its employment medicinally.

In justice to Dr. Bree, I must here observe, that the leading points in this article are extracted from the Doctor's valuable observations. It may be considered as very advantageous to those who labour under any particular disease, to have an intelligent physician a fellow sufferer. Independent of the nearer and stronger interest which must necessarily impel him to the earnest consideration of the nature of the disease,

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his opportunities of investigation are infinitely superior to those of others, whose enquiries are always likely to be productive of less information, on account of the vague and inconclusive descriptions contained in the answers they receive. He is much better able to connect cause and effect; and to mark the consequences, beneficial or injurious, which proceed from the several kinds of diet, the changes of the atmosphere, and various other circumstances. Having the means of experiment always in his power, he is able to employ, on the spur of the moment, whatever judgment may suggest, or necessity may demand. In a word, his experiments on the disease must be numerous, and his observations constant.

Should a physician present to the world his observations, made under these circumstances, the benefits to his fellow sufferers must be inestimable: in his publication they find a useful itinerary, which points out to them the roads they should keep, as well as those they should avoid. It calls their mind from the useless contemplation of objects affording neither instruction nor pleasure, and directs its attention to those which are at once both important and useful. Such a publication is that from which I have so freely taken the chief of the foregoing practical observations.

HOOPING

HOOPING COUGH.

THIS infectious disease is sufficiently known : a description of it is therefore unnecessary. It may be, however, proper to remark, that it often commences with the symptoms of a common catarrhal cough, or cold, and may exist some little time before the characteristic hoop is heard.

There is, perhaps, hardly any disease, for which so many nostrums are recommended. Omitting the mention of those which are so freely recommended by well meaning matrons, I shall here only allude to those advertised nostrums, which, with so many alluring promises of success, are artfully foisted on the public. From the frequent adoption of these, I am well assured, the lives of many children are lost ; but previous to advancing my reasons for this supposition, I will make a few remarks on one circumstance, which may occasion parents to place so much reliance on these dangerous means.

This disease has no determined period for its termination, it disappearing much sooner in some cases than in others ; but seldom, however, exceeding three or four months in its duration. Frequently a happy change will take place very suddenly, and without any obvious cause : the fits becoming more and more
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flight, every day, and the hoop as rapidly declining. A disease, thus uncertain in its termination, must be very favourable to the character of any nostrum, employed with the hope of procuring its removal.

Suppose this pretended remedy to be taken by any given number of children, and consider, that it must be given either towards the beginning, the middle, or the end of the complaint. It must be fair, then, to conclude, that in one-third of these cases, it will be given near to that period, when the disease would of itself have gone off. Indeed the proportion might be supposed to be much greater than one-third, since it most commonly happens, that in the greater number of cases, where these nostrums are had recourse to, the time employed in the trial of other various means has brought the disease near to the period of its conclusion; and the very circumstance of having employed so many things before, without success, is employed to arrogate the more merit to the declared specific.

If no injury were the result of these quackeries, they would here have escaped mention. But during the continuance of this malady, there are several circumstances which require such particular attention, that, if neglected, they will most probably occasion the death of the patient: and, unfortunately, the parents relying entirely on the infallibility, which the deceptive advertisement attributes to the mischievous nostrum;

trum ; and complying exactly with the terms demanded, that no other medicine be taken, neglect all less notices of danger, until, seeing their child arrived almost at the point of death, they, too late, apply for regular assistance.

It is true, that physicians do not possess a specific, which will directly remove this disease ; and the acknowledgment of this, is another inducement to the alarmed parent to fly to nostrums ; but they must be informed, that such a specific will be fought with as little success from the empiric, as from the physician. The latter is, however, enabled, by an attention to the different symptoms which arise, in the progress of the disease, so to conduct its course, by abating the violence of the symptoms, that it shall rarely prove fatal.

The most dangerous circumstance that arises in this disease, is shortness of the breath ; since, whenever, this occurs to any considerable degree, there may be great reason to suspect, that inflammation of the lungs has taken place. In this case, bleeding, blistering, and other apposite means, adapted to the age and strength of the patient, will generally afford speedy relief ; but, on the contrary, should any nostrum be here relied on, it is most probable the child would soon be lost. So also the spasmodic affection, which so strongly marks the disease, becomes sometimes so violent

violent as to threaten suffocation, during each fit of coughing ; and here the greatest benefit is derived from well adapted antispasmodics. Thus also the accumulation of phlegm, increase of fever, &c. demand their appropriate remedies ; and common sense must be convinced, that all these necessarily varying properties, are not likely to be found in one boasted nostrum.

Much reliance has been placed on removing children afflicted with this disease into a different air from that which they have been accustomed to breathe : beneficial effects, it is said, have proceeded from the change, when even the patient has been removed into air less pure than that he had left.

These salutary effects, which the experience of parents and nurses, unwarped by hypothesis, has so strongly marked, when contemplated by the aid of that light which the late discoveries in pneumatic chemistry afford us, furnish strong evidence in favour of the employment of airs differing in purity, in several of the diseases incident to the human body.

I have often been surprised, that this circumstance has not been noticed by Dr. Beddoes, Thornton, and other gentlemen, who have made pneumatic medicine particularly their study. It has, indeed, not merely excited my surprise, it has occasioned my regret ; since the practical deduction I shall, perhaps, too feebly make, might have proceeded from their pens,

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with such clearness and force, as might have been productive of much greater good.

When treating of consumption, I endeavoured to shew you, that the *oxygen*, or purer portion of the air, is the best and most natural stimulus to the lungs, and to the whole system, in those cases, where there exists difficult respiration, accompanied with a debilitated state of the system : and that the *azotic*, or more impure portion of the air, has been found to be highly beneficial in the contrary state of the system ; where too much action, manifested by inflammation, catarrh, and spitting of blood, menance a termination in consumption.

In the whooping-cough, both these states are, at different times, found to prevail ; and surely, it is not at all improbable, that these advantages have been the consequence of a fortunate coincidence ; and that, where success has followed the change of air, it has been when during an inflammatory state, the change has been for air less pure ; and in the contrary state, where the removal has been from the close air of town, to the purer air of the country.

From the foregoing premises, we have certainly a right to conclude, that instead of indiscriminate changes from one situation to another, the air should be chosen, according to the principles just laid down—that in those cases where disposition to inflammation

is evident, the impure air of a town should be preferred ; and that, in those cases where a great degree of debility, and of difficulty of respiration, threaten dropfy of the chest, &c. the purer air of the country should be obtained.

It can hardly be necessary to remark, that in those cases where the docility of the patient, and the facility of procuring the necessary apparatus, and the required air, render the experiment easy to be made, it will be advisable to try the effects of respiring the hyperoxygenated air in the one case, and of the impure, hydro carbonate air in the other.

That the advice of a physician would be desirable, to point out the proper plan to be adopted in these cases, must be very obvious ; and particularly so, when it is considered, that the medicinal effects of air, differing in purity from the common atmospheric air, is but a late discovery ; that physicians are not yet determined, how much may be fairly attributed to their employment ; and that from the industry with which this part of the healing art is cultivated, daily information may be expected to be obtained. In the present imperfect state of pneumatic medicine, much real scientific information is necessary in those who employ it.

DYSENTERY,

DYSENTERY,

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BLOODY FLUX.

THIS disease, in general, commences with griping pains about the naval, accompanied with a frequent desire to void stools. Sometimes these complaints are preceded by cold shiverings, to which fever succeeds. The gripings and stools soon become very frequent ; the functions of the stomach become considerably impaired ; the appetite is lost ; nausea, sickness, and sometimes frequent vomitings, take place. The stools are in small quantities, and composed almost entirely of mucus ; at times mixed with blood, which in some cases appears in the mucus, in streaks ; and, in others, pure and unmixed. Small pieces of membranous films, and hardened excrement, are also observable in the stools, which are highly offensive, and of a smell peculiar to this disease. In general, the disease is accompanied, through its whole course, by a fever of a malignant kind ; but sometimes, the fever soon lessens, although the dysenteric symptoms continue.

Children and aged persons, and those who have been weakened by former diseases, are much endangered by attacks of this disease ; and even those who are

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in the prime of life, are frequently so affected by it, as to give very just cause of alarm.

If the gripings become more severe, and the stools more frequent, whilst the quantity discharged by them diminishes ; especially if the fever increases, the disease may be concluded to be getting worse. If the gripings cease entirely, and the discharge is of a dark sanious matter, the pulse becoming exceedingly small and quick, and the patient covered with a profuse cold sweat, a gangrene may be supposed to have taken place, and a speedy dissolution may be expected.

A favourable termination may be hoped for, when the gripings and stools become less frequent, and the discharge assumes a natural appearance.

It however frequently happens, that after the disease has assumed a more favourable appearance, and the patient is satisfied that his recovery is almost complete, the disease will continue without any farther amendment ; inducing a train of diseases, which, unless well adapted means are employed, must be productive of much serious mischief.

It too frequently happens, that this disease is allowed to exist for some time before the patient, who supposes it a common looseness, acquires a knowledge of the nature of his complaint ; in consequence of which it is permitted to run on until it becomes so inveterate,

inveterate, and the patient so much weakened, as to render the cure very difficult to accomplish.

To conduct a patient safely through this disagreeable and alarming disease, demands much care and sagacity on the part of the physician, and the strictest attention and most implicit obedience from the attendants. The cure of this disease depends in a great measure, on the removal of the excrements which are morbidly retained in the bowels ; and, consequently, on the producing a fæcal discharge of a natural appearance. To effect this, purgative medicines, with occasional clysters, should be employed. But this mode of practice is very little likely to be followed by domestic practitioners, who cannot be made to comprehend the principle on which it is founded. To them it will appear, not only incompetent, but even severe and injurious. They cannot conceive how a purging is to be removed by increasing the discharge ; or how griping pains are to be lessened, but by the use of warm and aromatic remedies. They therefore often take the liberty, not only to suspend the administering of the remedies prescribed ; but to substitute for them those things which, in their opinion, will sooner remove the symptoms : endeavouring to stop the purging by the most powerful astringents, and to lessen the gripings by aromatic and spirituous drinks.

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So far is it from being safe to trust the management of this disease, to any one whose only knowledge respecting it is derived from some treatise on domestic medicine, that it is difficult to convey to such, information sufficiently explicit, on the article of diet alone, to enable them to adapt it to the different cases of this disease. The age and strength of the patient, the state of the system, and the different stages of the disease, all require to be considered, before a fit regimen can be determined on.

If the disease be accompanied by inflammation, the food should not only be confined to a liquid form ; but should also consist of those things which are simple, and are of a cooling nature ; such as barley-water, thin panada, or thin gruel, made from flour or rice, &c. &c. Where there are no marks of inflammation, the diet may be more nutritive ; but should still consist chiefly of liquids. To the articles above mentioned may be added broths of various kinds, calves feet jelly, &c. If the fever accompanying the disease is of a putrid nature, the patient should take freely of ripe fruits, the juice of ripe oranges, and currant jelly, may be added to the drinks. In general, the diet may be more nourishing, after the disease has existed some time ; and particularly so, if the patient has been weakened by preceding diseases, or is either of a tender or an advanced age.

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The chamber should be frequently supplied with fresh air, and filled with the fumes of vinegar, &c. The clothing of the patient, as well as the bed-clothes, should be frequently renewed ; and every thing productive of offensive smell should be removed as speedily as possible.

To prevent a return of the disease, to which the patient will be liable, moderate exercise may be employed in the open air, in that degree, and in that mode, which his strength will permit. A tea-cupful of camomile tea, or of decoction of bark, may be taken three times a day. The diet should not consist too much of animal food ; and spirituous and fermented liquors should be entirely avoided. The bowels should be kept in a state of regularity, and should be guarded from cold by additional clothing.

APOPLEXY.

IN this disease, the whole of the senses, and of the voluntary motions, are in some degree abolished, whilst the actions of the heart and lungs continue. The appearance of the patient is that of one in a deep sleep ; the breathing being mostly accompanied by a loud snoring. The face is generally swelled, and of a dark florid colour, every vessel about the head and neck

neck appearing to be distended with blood. The eyes are bloodshot, watery, and prominent ; and frequently the head, and the whole body, is bedewed with a cold clammy sweat ; and a paralytic affection of one side of the body is frequently found, at the same time, to have taken place.

Sometimes this disease comes on suddenly ; but most frequently it is preceded by these symptoms. The face, for some time before, appears more than usually florid, and the eyes slightly bloodshot. The head is giddy, and frequently affected with pain, particularly in the back part of it. The extremities also are frequently affected with numbness, and irregularities, or inability of motion ; and sometimes a little faltering of speech may be discoverable. The patient is almost constantly drowsy, and generally sleeps particularly sound ; but is sometimes affected with fits of the *incubus*, or night-mare. A troublesome ringing noise is frequently perceived in the ears ; transient irregularities, both in sight and hearing, are frequently discovered, and every sense appears, at times, to be somewhat impaired. Recollection, reflection, and every other process of the mind, is performed, evidently with lessened power.

The subjects of this disease, are, generally, persons in an advanced stage of life. Those have been observed to be particularly disposed to it, who are of a

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corpulent habit, and have a large head and short neck. Indolence, and indulgence in the luxuries of the table, as well as the suppression of any discharge, which, by its length of continuance, has been suffered to have become habitual to the constitution, contribute much to the forming of a predisposition to this disease.

Whatever interrupts the return of the blood from the head ; or, by impeding its circulation through the other parts, throws it in too great quantity upon the brain, may prove an exciting cause of this disease ; since the most frequent immediate cause of apoplexy, is the accumulation of blood in the blood-vessels of the brain, or an effusion of blood, or of some other fluid, in different parts of the brain, or between it and the bones of the skull. Every violent exertion, therefore, especially if accompanied by a full and long continued inspiration ; a considerable degree of fatigue, excessive heat, or cold ; a violent fit of coughing ; long continuance in a stooping posture, or with the neck in an oblique position ; any thing worn tight about the neck ; intoxication, excessive distension of the stomach and bowels, and violent emotions of the mind, may occasion this disease. It may also be produced by various other changes, which may take place within the cavity of the skull ; the nature of which cannot be precisely ascertained during life.

In addition to the causes of apoplexy here enumerated,

rated, several others have been mentioned by different authors ; such as the receiving the exhalations from newly plaistered walls, the mephitic air arising from fermenting liquors, the fumes arising from burning charcoal, brimstone, &c. from lead, arsenic, and several other substances ; but the diseases induced by these causes being very different from apoplexy, and consequently requiring a different mode of treatment, will be spoken of separately.

In a disease, the causes of which are so various, and oftentimes so difficult to ascertain ; whose mode of attack is always so alarming, and whose termination is generally so fatal, the earliest use of every effort, pointed out by study and experience, must be adopted. To attempt to furnish family practitioners, therefore, with rules for the cure of apoplexy, would be absurd and dangerous : all that with propriety, therefore, can be attempted in a work of this kind, is to manifest the necessity of obtaining the earliest medical aid ; to recommend the safest mode of treating the patient, until that is obtained ; and to point out the most proper plan to be adopted, to prevent the return of the disease. No time, then, must be lost : the best medical assistance should be obtained, as soon as possible ; since, in every moment that is wasted, the disease is, most probably, more firmly establishing itself. In the interim, no rash experiment, nor any
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violent endeavours, should be employed. The application of irritants to the nostrils, as volatile salts, snuff, &c. with the hope of rousing him from his state of insensibility, must be particularly forborne, as well as any attempts to force him to swallow any irritating liquors.

The patient should immediately be raised into an elevated posture, and his head, in particular, should be kept erect ; since, otherwise, an angle being formed by the bending of the neck, the blood will be the more likely to be detained in the blood-vessels of the brain ; which, of necessity, must occasion an augmentation of the disease. The neckcloth, and whatever is likely to occasion a stricture on any part of the body, must be removed, so that no interruption to the free circulation of the blood may exist. The air of the room should be moderately cold ; and the clothing so disposed, as to allow the patient to breathe the cool air, at the same time that the body itself may be sufficiently defended from the action of the cold on its surface. In removing the patient to his chamber or bed, great care should be taken, that he be stirred no more than is absolutely necessary ; and that an erect position be preserved as much as possible. Should the patient have been seized soon after eating a hearty meal, and should frequent urgings point out a disposition to retch, the discharge of the contents of the stomach
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may be procured, by irritating the throat and fauces with the end of a feather ; supplying him, as soon as he is able to swallow, with camomile tea, salt and water, warm water, &c. until the stomach is quite emptied. This should, however, be performed with caution : if the eyes are very red, and the face exceedingly florid and turgid, it ought not to be attempted, until some blood has been taken away.

From a confidence in its utility, in every case of this disease, bleeding is almost always immediately proposed, by those who happen to be present at the first onset of the disease ; and is generally adopted, if any one can be found who can wield a lancet. And, indeed, not only in this disease, but in every other, which menaces the speedy extinction of life, is this operation too generally had recourse to. To prevent the rash and dangerous adoption of this practice, it may be sufficient to impress on the mind, that these alarming situations may oftener depend on a depletion of the blood-vessels, and an exhaustion of the vital powers, than on too great fulness, or on too powerful action. Even in the disease, which is the subject of the present section, in which it must be acknowledged, that bleeding is more frequently demanded than in any other disease, which has for its characteristic symptoms the deprivation of sense and motion, the observations

observations of the most celebrated physicians have proved, that bleeding is sometimes highly injurious.*

The best advice, therefore, that can be here given, with respect to bleeding, as a rule of conduct in these distressful cases, is, perhaps, to abstain from this operation, until the opinion of the intelligent can be obtained.

This delay will be especially necessary, if the countenance appears to be sunk and pallid, rather than tumid and florid ; if this attack has occurred at the close of long continued labours, either of the mind or body ; and in subjects who have not been devoted to indolent or luxurious indulgences.

A similar caution is necessary, with respect to the employment of blisters, which, from an opinion of the safety with which they may be used on all occasions, are often had recourse to in these cases. But, it must be here remarked, that their employment is admissible only in some cases ; in others, every alarming symptom may be increased by their application.

It has been already remarked, that there is a certain peculiarity of make, which very much disposes to this disease ;

* Heberden. Medical Transactions, vol. i. p. 471.

Fothergill. London Obs. & Inq. vol. vi. p. 680.

Kirkland's Commentary on Apoplectic and Paralytic Affections, p. 46.

disease ; this was said to consist chiefly in a shortness of the neck, and a largeness of the head, accompanied by a full habit of body, and a florid countenance. I must here digress, for the sake of lessening unnecessary uneasiness and alarm, which may be excited, in those who may conceive they possess, in some degree, this peculiar form.

This peculiarity, it must be observed, then, only gives a greater susceptibility of this disease ; and this by no means to the extent which has been generally supposed. The disease itself, and even a disposition towards it, must be produced by a concurrence of various circumstances, the greater number of which may be removed, or prevented, by a little care and resolution.

When it is recollected, that a frequent cause of apoplexy is a mechanical pressure on the brain, the consequence of the accumulation of blood in the blood-vessels of the brain ; or of the extravasation of blood, or of some other fluid, in or upon the brain ; it is obvious, that, to prevent such a fulness of blood arising, as may destroy the equilibrium between the blood-vessels and their contained fluid, should be the constant endeavour of every one who has reason to fear an attack of this disorder.

To effect this, it will be necessary that a due proportion

portion be preserved, between the quantity of nourishment which is taken, and the waste which is occasioned by exercise. The patient should therefore be very sparing in his meals ; of which animal food should form but a very small part. Spirits, wine, and the stronger kinds of malt liquor, as porter and ale, should be strictly avoided. The beverage should chiefly consist of lemonade, sherbet, whey, butter-milk, &c. and, where some indulgence to long established habits is insisted on, weak negus, or a glass or two of port, or of the lighter French wines, may be allowed after dinner.

The clothing should be light and loose ; and particular care should be taken, that nothing the least tight be worn about the neck.

Exercise should be employed to a considerable extent, and no more sleep indulged in, than is just sufficient to recruit the strength. Sleeping immediately after a full meal should be carefully avoided : especially sleeping in a chair, which is particularly dangerous ; since, in consequence of the muscles which should support the head losing their power, during sleep, the head falls on one side, by which, the blood-vessels in the neck being compressed, the return of the blood from the head may be impeded, and a rupture of some of the vessels in the brain be thereby produced.

A considerable number of those who fall victims to this disease, are attacked during the night ; this may be accounted for, by considering, that the horizontal position impedes the return of the blood through the jugular veins ; its motion being no longer aided by its gravity, which was the case whilst the body was in an erect posture. For this reason, the beds of those who have cause to fear an attack of this disorder should be considerably higher at the head than at the feet. This rising of the bed should be gradual, such as would be occasioned, by shortening the supporting posts at the foot of the bed ; since if it be attempted only in the usual way, by three or four pillows, in addition to those usually employed to raise the head, the chin will be thrown forward on the chest, and the neck bent at so acute an angle, as may be very likely, during the hours of sleep, by interrupting the passage of the venal blood, in the neck, to bring on those very effects which it was intended to prevent.

The man of business, who for his cares and exertions has obtained the reward of ease and competence, is particularly subject to this malady. In him we find the concurrence of many circumstances, which must have a tendency to produce this disease. In the days of his industry, when constantly labouring, perhaps literally so, to obtain the gains of his business or pro-

feſſion, the neceſſary exerciſe, both of body and mind, muſt, from the great expence of the vital fluid, occaſion the demand of conſiderable ſupplies of nourishment ; and we, in general, find, that men of the above deſcription are favoured with organs of digeſtion in a ſound and vigorous ſtate, and are conſequently well diſpoſed towards the luxuries of the table.

Such a man ſeldom quits the pleaſing buſtle of a ſucceſſful buſineſs, until he diſcovers, that he has ſo far paſſed the *acmé* of his life ; that his abilities are not what they were, and that his exertions are no longer productive of that ſucceſs which he has hitherto experienced. However diſpoſed he may be, at firſt, to attribute this to other cauſes, it will not be long before he diſcovers the true cauſe, in the diminished vigour, perhaps both of body and of mind.

He retires, therefore, from the buſy world, with the intention, either of freely indulging himſelf with that reſt, to which his purſuits, followed with avidity, have hitherto rendered him a ſtranger ; or, at leaſt, of exchanging his exerciſe and his employments, for ſuch as may be more agreeable, and better fitted to his declining years and ſtrength.

If we follow him in his retirement, we ſhall moſt probably find him indulging in almoſt a ſtate of abſolute indolence ; or, at leaſt, in a ſtate comparative-
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ly so, if the active situation from which he has been removed, be recollected.

Although he may, for his health's sake, being aware of the ill consequences of the omission, make a point of taking some exercise ; yet it is most likely that this will not be employed to that extent, which is necessary to prevent the evils intended to be avoided. This may arise from his varying his modes of exercise, when he changes his situation of life. Thus, whilst engaged in his former pursuits, we may suppose him to be almost constantly on foot, hurrying to wherever he may be summoned, by the various calls of his business or profession. But after his retirement, he will most probably adopt, for his amusement, such exercises as will considerably differ from that to which he has hitherto, in some measure, been impelled. The culture of a flower garden, riding on horse-back, or even the regular ringing of dumb bells, may be adopted ; but without answering the proposed intentions. To understand the reason of this failure, I must beg you to consider, that if any set of muscles are employed, in a different manner, and in a different combination, from that to which they have been accustomed, a sense of weariness and pain is soon experienced in them. Bend but the neck strongly to one side, and retain it there a few minutes, this fact will be soon sufficiently evident. Thus, though the
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gardener may delve from morning till night, with little or no inconvenience ; and the veteran sportsman may follow the longest and hardest chace, with delight ; he who has been unaccustomed to these modes of exercise, would, by employing them, not only soon become inexpressibly wearied ; but would probably not get rid of the painful affection of the muscles, for several days. In this way, an important deception may take place ; for reckoning his exercise by the quantity of fatigue he experiences, he may suppose it to be equal to that which used to be afforded, by so much of his former amusements, as was productive of a similar degree of weariness. Whereas, on the contrary, although his fatigue may be considerable, his exercise may have been so trifling, as to have yielded no beneficial effect.

But should he, after his retirement, even persevere in a similar mode of exercise, with that to which he has been accustomed (of walking for instance,) it is very likely, that for want of an object sufficiently important and interesting to engage his attention, he will too acutely feel the many little inconveniences and troubles, which continually arise, to teize a mind which is too little occupied. In consequence of which, he will soon yield to a sense of weariness ; and will endeavour to convince himself, that he has taken the full quantity of exercise, which had been allotted him.

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Were he to lessen the quantity of his food, in the same proportion as he diminishes his exercise, little or no evil might arise ; but, unfortunately it sometimes happens, that the mere habit of eating plentiful meals, may continue the custom ; even when the appetite itself does not demand them : and long after the various modes of exercise have been given up, by which the necessary balance should be preserved.

In a word, then, persons of the above description should change their modes of living gradually, and with the greatest circumspection : their minds should be almost constantly engaged, in some pursuit or amusement, which may keep off the attacks of languor and listlessness ; and the utmost care should be taken, that a due proportion be preserved between the food they take, and the exercise they employ.

But it is not the successful and high fed citizen alone, that is obnoxious to the attacks of this disease. It frequently marks for its victims, objects of a very different description—those who devote their hours to the most severe and obtruse studies ; and particularly those who may have long struggled with adversity and disappointment ; and whose minds have been constantly harrassed with anxious attention to speculations, which at last have involved them in ruin.

PALSY.

PALSY.

PALSY consists in a loss of the power of motion, but affecting certain parts of the body only.

The different forms in which this disease appears, are distinguished by different names, according to the parts which are affected : thus, if the lower part of the trunk, as well as the inferior extremities, are affected, the disease is termed *paraplegia* : if one side of the body is affected, with the limbs on that side, the disease is then named *hemiplegia*,

Such persons as have been already described, in the preceding chapter, as predisposed to attacks of apoplexy, are also very liable to paralytic affections. Those who lead sedentary and luxurious lives ; who have been much engaged in night studies, and watchings ; and have suffered much distress and anxiety, are frequently the victims of this malady. It seldom comes on before the middle stage of life is past, and has been thought to happen more frequently to females, than to men. Extreme coldness and dampness of the atmosphere, appear to be favourable to the production of this disease ; since attacks of palsy, as well as apoplexy, are very frequent at the first setting in of winter. The immoderate use of spirituous liquors, tobacco, coffee, and tea, will be likely to
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promote the production of this complaint. Similar effects may be also produced by quicksilver, lead, arsenic, and other mineral substances; either by the unskilful employment of them as medicines, or by the necessary exposure to their action, in the various arts in which they are employed, such as gilding, the fusing of metals, painting, &c. Sudden and violent gusts of passion, and other considerable affections of the mind, may also induce this disease.

The disease sometimes comes on without any previous symptoms, the patient having appeared, but just the minute before, as in perfect health; but it more frequently happens, that, for some time before, the patient has complained of pain, and of giddiness and weight of the head; and frequently of a general languor and listlessness; the powers of the mind also seeming, in some measure, to be impaired.

When the disease has taken place, the pulse, as in the apoplexy, becomes, in general, hard and full; and moderately quick; sometimes it is slower than natural, and sometimes very irregular, and even intermitting. The limb affected drops useless, and becomes pale and cold; and is almost always, at the first, in a clammy sweat; sometimes a painful prickling sensation is felt, exactly resembling that which occurs when the leg is said to be asleep; and in other cases, the parts affected are deprived of the sense of feeling, as well

well as of the power of motion. Apoplectic symptoms frequently accompany the disease at the first attack ; but these sometimes subside, and leave the patient affected with the paralytic symptoms only.

When a sense of tingling is felt in the parts affected, and the parts regain a small degree of motion, a hope may be reasonably entertained, that a considerable change for the better may yet take place. This expectation may be the more indulged, if no giddiness, head-ach, or preternatural sleepiness, remain ; especially if the patient seems to be regaining the powers of recollection, thought, &c.

The danger with which this disease is known always to be accompanied, and the formidable manner in which its attacks are generally made, cannot fail but impress the mind of the patient, and his attendants, so strongly, as to render it entirely unnecessary here, to use any arguments against the folly of having recourse to the futile, or dangerous attempts of domestic medicine.

On the first onset of the disease, and before proper medical aid can be obtained, the cautions laid down in the preceding section will be very proper to direct the management of the patient.

As soon as the disease is sufficiently lessened, to allow of the patient's making use of exercise, it should

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be cautiously and regularly employed ; but great care should be taken, that it be of that kind, which is best adapted to his strength and former habits.

Electricity is almost always had recourse to, in this malady, and too often without first obtaining the necessary information, from those who alone are capable of giving it, as to its propriety or impropriety. It is too generally supposed, that, although electricity may produce no beneficial effects by its application, in cases of disease, yet it cannot be productive of any injury to the patient. But the contrary of this is the truth ; for electricity, it is well known, is capable of producing very considerable, and very different effects on the animal system ; for at the same time that it is one of the most powerful stimulants that can be employed, it is also possessed of the power of rapidly destroying the mobility of the nervous system.

In cases, therefore, where the disease depends on a surcharge of the vessels of the brain, how dangerous must be the rash employment of so powerful a stimulant ! Again, when its debilitating effects are considered, how evidently it appears, that in cases of debility, it must of necessity occasion the farther diminution of the vital powers ; and thereby produce an increase of the disease it was meant to remove, and perhaps the speedy death of the patient. Cases are not wanting, where the increase of palsy has been manifestly the

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consequence of employing electricity, with the hope of its removal.

“That the electric fluid acts as a stimulus upon the animal system, must, I believe be allowed; but that its stimulant effects are more transient, and the succeeding state of debility consequently more rapidly produced, than what results from the application of any other known stimulus, must, I think, be also allowed.” *

Dr. Falconer, in the same work, observes—“Electricity has often been recommended as a remedy in palsy, and much cried up by some that pretend to secrets in the mode of administering this remedy. But the medical faculty have, I believe, nearly lost all faith in it, from experience of its general inefficacy to be of service, and in some instances, of its mischievous effects. I am more certain that a strong electric shock possesses the power of causing a palsy, than I am of its having any power to cure it. We have lately had two instances in the Bath hospital, of persons who had paralytic attacks after being struck with lightning.” †

Dr. Falconer also observes, that it is a frequent practice

* An Account of the Effects of Lightning, by J. Parkinson, Hoxton. Memoirs of the Medical Society of London, vol. iii. p. 493.

† Ibid. p. 201.

practice to lap up paralytic limbs in many folds of flannel, and to keep the person so affected, very warm in every respect. But this is, undoubtedly, a very noxious practice, as it generally induces a tendency to sweat on the paralytic part, which always weakens it.

FAINTING.

IN this disease, the circulation of the blood, and the action of the lungs, become so much weaker than natural, as in some cases, to give reason to suspect that they are entirely suspended.

When the disease does not come on so suddenly as to deprive the patient, at once, of his senses, he experiences a sense of pain and oppression, about the region of the heart; accompanied with excessive languor, and frequently with sickness. He sees very imperfectly the objects which surround him, which all seem to be possessed with a rotatory motion, and at the same time his ears are affected, with a confused ringing noise. Every part of the body, but particularly the face and extremities, become cold and pale; and are frequently covered with a profuse cold sweat. The powers of sense and motion are always impaired in some degree, and sometimes entirely suspended for a time: the pulse, as well as the breathing, being, at

the same time, scarcely, if at all, to be perceived. After the symptoms have thus continued a few minutes, they gradually disappear ; a discharge of the contents of the stomach sometimes comes on, and sometimes the fainting is succeeded by convulsions. In most cases, if proper means are not had recourse to, a recurrence of the disease may take place.

Of the numerous causes of fainting, the more frequent, need only be enumerated ; these are, sudden and profuse hæmorrhages, irregular distributions of the blood, immoderate discharges of various kinds, violent exertions, excessive pain, sudden or violent passions or emotions of the mind, disgusting sights, disagreeable odours, long continuance in heated rooms, debauches, &c.

A disposition to this disease may take place wherever debility exists ; but when this disease frequently recurs, without any obvious cause, a morbid state of the heart or brain themselves is to be suspected.

The treatment of the patient respects either the shortening of the paroxysm, or the preventing of its recurrence.

The first of these intentions may, in general, be accomplished, by adopting the following means. The patient should be placed in a reclined posture, and every part of the clothing, which, by its tightness, is
likely

likely to interrupt the free circulation of the blood, should be immediately loosened. No more persons should be allowed to be in the room, than are absolutely necessary, from the assistance they may yield ; and these should so dispose themselves, as not to interrupt the free access of the air to the patient. The doors and windows of the room, especially if the weather be warm, should be kept open ; or, if the room be so situated, as not to allow of sufficient air being thus obtained, the patient may then be removed into the open air. The face may be sprinkled with cold vinegar, or water. The smoke of burnt linen cloth, vinegar, and any pungent vapour, particularly that of volatile salts, may be applied to the nostrils ; but in doing this some management is necessary ; since, without care, the intended effects will not be produced.

If the patient retains sense enough to experience any inconvenience from the application of pungent vapours to the nostrils, but not sufficient judgment to be aware of the necessity of inhaling them, the utmost exertions will be made by him to inspire through the mouth only ; excluding the air thus impregnated, as much as possible, from the nostrils. It is usual to observe patients, in this state, thus bear the application of smelling bottles filled with the most pungent and volatile remedies, for a long time together, without

out seeming to be at all affected by them. In these cases the mouth is to be closely stopped, by holding a handkerchief forcibly against it, but leaving the nostrils perfectly free. The patient being now under the necessity of breathing through the nostrils, the effluvia which are employed, are impelled against the membrane which lines the cavities of the nostrils, and on which are disposed the sentient extremities of the olfactory nerves. Frequently it will be observed, when recourse is had to this mode, that the patient will for a long time refrain from breathing at all; but at last, being under the necessity of inspiring, and deeply, the pungent particles, imbibed in great quantity, and with considerable force, will occasion so considerable a degree of irritation, as will suddenly and most effectually arouse the patient from his state of insensibility.

To hasten the termination of the fit, as well as to prevent its return, the occasional or exciting cause should be ascertained and carefully removed.

But to prevent the recurrence of this disease, something more is required; for too frequently so strong a disposition to fainting fits exists, that the most trifling circumstance may prove sufficient to occasion them. Whenever this is the case, there cannot be a doubt but that so considerable a degree of debility is induced, as will be likely to terminate in

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some dangerous malady. The causes by which this state of extreme debility may be produced, are so numerous, and various, that to detect them, and appropriate the fittest modes of cure, is a task only to be undertaken by the skillful and experienced.

APPARENT DEATH.

REASON and humanity demand, that a knowledge of the proper mode of treatment of persons apparently dead, from drowning, &c. or brought to the brink of the grave by famine, or excessive cold, should be as generally diffused as possible.

The leading principle of our conduct, in every case where a near approach to death is occasioned by long fasting, or exposure to extreme cold, is *to yield as GRADUAL a supply as possible of that STIMULUS, from the deprivation of which life appears to be about to cease.*

Where life appears to be nearly extinguished by long exposure to extreme cold, the greatest caution is necessary in restoring the defective stimulus HEAT. Its application should be at first in the lowest degree, and should be gradually increased. Imitating the practice of the inhabitants of the cold countries, who, when any part of the body is *frost-bitten*, immediately thaw

thaw it, by rubbing it with snow ; and very gradually expose it to the influence of a warmer temperature, well knowing, that by a sudden approach to the fire the frozen part would soon be entirely destroyed.

When from *long fasting* the vital powers seem to be nearly exhausted, the supply of the defective stimulus, food, should also be made in the most gradual and cautious manner. Weak broths should be first given, barely warm, and in very small quantities at a time ; and afterwards gruel, milk porridge, milk enriched by the addition of an egg, wine whey, &c. may constitute the nourishment with which the restoration may, by the gentlest gradations, be completed.

The directions given by the Royal Humane Society are so clear and explicit, as to put it in the power of any one, to employ the most powerful means for the recovery of the apparent dead. As no opportunity should be omitted of promoting the diffusion of knowledge so important to the dearest interests of humanity, I have taken the liberty to introduce the process recommended by the society.*

RESUSCITATIVE

* The Editor of the Reports of this Society eloquently remarks—"What an exalted transport must it afford every compassionate breast, to be instrumental in recalling our helpless fellow-creatures from apparent death ;—to witness the heartfelt passions of anguish and despair, of hope, surprise,

RESUSCITATIVE PROCESS.

What thou doest, do quickly.

THE DROWNED.

1. Convey carefully the body, with the head raised, to the nearest receiving house.
2. Strip, dry the body ; clean the mouth and nostrils.
3. *Young Children* to be put between two persons in a warm bed.
4. An *Adult*—Lay the body on a bed, and in cold weather near the fire.

In summer, expose the body to the rays of the sun ; and, in warm seasons, *air* should be freely admitted.

- ✎ 5. The body to be *gently rubbed* with flannel sprinkled with spirits or flour of mustard. The
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prise, and joy, which alternately agitate the human frame ;—to mark the lively traits of gratitude, painted in the countenances of the mother, sisters, brothers, &c. of the restored object !—What epicure could ever yet boast so refined, so exquisite a luxury, as the benevolent deliverer from such a scene—a scene far beyond what any pen has yet been able to describe, or pencil to express !”

proper substances to be sprinkled on flannels, and a heated warming-pan, covered, may be lightly moved over the back and spine—Salt never to be employed.

6. The *breast* to be fomented with *hot spirits*. Hot bricks or tiles, covered, &c. to be applied to the soles of the feet and palms of the hands.

If no signs of life appear, the body to be put into the warm bath.

7. To *restore breathing*—Introduce the pipe of a bellows (when no apparatus is at hand) into one nostril ; the other, and the mouth, being closed, *inflate the lungs*, till the breast be a little raised ; the mouth and nostrils must then be let free. Repeat this process till life appears.

8. *Tobacco smoke* is to be thrown gently into the fundament, with a proper instrument, or the bowl of a pipe covered, so as to defend the mouth of the assistant.

9. *Electricity* to be early employed, either by the medical assistants, or other judicious practitioners.

INTENSE COLD.

Rub the body with *snow, ice, or cold water*.

Restore warmth by slow degrees ; and after some time, if there be no appearance of life, the resuscitative process for the drowned must be employed.

SUSPENSION

SUSPENSION BY THE CORD.

1. A few ounces of blood may be taken from the jugular vein ; cupping-glasses applied to the head and neck ; leeches also to the temples.

2. The other methods of treatment the same as recommended for the apparently drowned.

SUFFOCATION BY NOXIOUS VAPOURS.

Cold water to be repeatedly thrown upon the face, &c. drying the body by intervals.

If the body feels cold, employ gradual warmth ; and the plans for restoring the drowned.

INTOXICATION.

The body to be laid on a bed, with the head a little raised : the neckcloth, &c. removed.

Obtain immediately *medical assistance*, as the modes of treatment must be varied according to the circumstances of the patient.

GENERAL OBSERVATIONS.

1. On *signs of returning life*, a tea-spoonful of warm water may be given ; and, if swallowing be returned, warm wine, or diluted brandy. The patients must be put into a warm bed ; and, if disposed to sleep, they will generally awake perfectly restored.

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2. The plans of resuscitation are to be used for three or four hours.

It is an absurd and vulgar opinion, to suppose persons irrecoverable, because life does not soon make its appearance.

3. Bleeding never to be employed, unless by the direction of the medical assistants.

CONVULSIONS.

By convulsions are here meant those epileptic convulsive fits, to which children are subject; and which from the suddenness with which they occur, and the shocking appearances they exhibit, are truly subjects of alarm to a parent.

To prove how much circumspection and skill is required in the treatment of this disease, it may be only necessary to point out the various causes from which it may proceed. The difficulty which must generally occur in ascertaining, on which of these causes the convulsions may depend, must be then sufficiently obvious.

Among the most frequent causes of convulsions may be enumerated painful dentition; the access of small pox, measles, and other eruptive fevers; the
irritation

irritation from worms, in the intestines ; excessive distension of the stomach, with even food proper in quality ; the irritation from the employment of crude and indigestible substances for food ; the retrocession of eruptions on the skin ; the incautiously drying up of some discharge ; the distension of the stomach or intestines with wind ; sudden and violent noise ; acute pain ; and breathing too long a vitiated air.

Should it not be likely that medical advice can soon be obtained, as strict an enquiry as possible should be made, by the parents of the child, to ascertain the exciting cause ; so that an appropriate method of treatment may be adopted.

In the first place, the state of the stomach and belly should be enquired into. If the region of the stomach seems distended ; if the child has, either before the fits, or in the intervals between them, made exertions to vomit ; and especially if the child has been fed plentifully not long before, an emetic of the tartarised antimonial wine should be given as soon as it can be swallowed, in a dose proportioned to the age of the child.

If there be an evident distension of the belly ; especially if the child have appeared to suffer pain in the bowels, the cause of the mischief may justly be suspected to exist there. Information must then be obtained,

obtained, as to the previous state of the child's bowels. When costiveness has preceded, a clyster should be exhibited, composed of thin gruel, coarse sugar, and castor oil ; a powder may be also given, with a grain or two of calomel, and six or eight grains of jallap ; repeating the clyster every hour until stools are obtained. But if the child have been reduced by a long continued looseness, the distension of the bowels may be attributed to confined air ; and a clyster, made by boiling carraway or anniseeds in thin gruel, should be directly given. A tea-spoonful of some carminative mixture, made by adding two tea-spoonfuls of some aromatic cordial, such as anniseed, juniper, or carraway, with as many table-spoonfuls of water, in which has been dissolved a small quantity of sugar, may be occasionally given. The belly should be also rubbed with such a degree of pressure, as will be likely, without giving much pain to the child, to occasion the dispersion of the confined air. Both in this, and in the last case, the belly may be fomented with flannels wrung out of a strong decoction of camomile flowers. The camomile flowers themselves, wetted with any spirits, and made hot, may be also applied, in a flannel bag, to the belly.

If the symptoms which have previously occurred give reason to suspect the presence of worms, a calomel purge may be given as soon as the child can swallow ;

swallow ; and a clyster may be thrown up, made by dissolving a few grains of aloes in water or milk, to which a small portion of oil may be added : the quantities, of course, depending on the age of the patient.

In those fits, where the exciting cause cannot be ascertained, and in the above-mentioned cases, where such of the foregoing means as appeared most appropriate have not succeeded, and regular assistance cannot yet be obtained, the following measures may be adopted. If the blood-vessels of the face be turgid, the eyes red, and the countenance of a crimson hue, blood may be taken away from the arm, or, by leeches, from the temples. The feet and legs may be bathed in warm water, and, where no considerable determination to the head appears, spirits of hartshorn, or sal volatile, may be held to the nostrils, and rubbed on the temples, &c.

Should the remedies employed prove successful, still considerable attention will be required, in discovering on what cause the disease depends, that the most effectual means may be adopted to prevent a relapse. Here I must take notice of the absurd opinion, that a physician is not required in the diseases of children—an opinion which, unfortunately for the little sufferers, is too generally embraced. But surely the occurrence of circumstances so ambiguous,

as are perceived in the diseases of children, demand the closest investigation, of even the most intelligent physician. Often will, in other respects, a considerate parent say, "the poor child is unable to describe its complaints—therefore a physician can be of no use." Instead of concluding, that in proportion as the case is involved in obscurity, are knowledge and the power of discernment required. Dr. Underwood, in his *Treatise on the Diseases of Children*, justly remarks, "that although infants can give no account of their complaints, in the manner we receive information from adults, their diseases are all plainly and sufficiently marked by the countenance, the age, the manifest symptoms, and the faithful account given by the parent, or an intelligent nurse. This I am so confident of, that I never feel more at my ease, in prescribing for any disorders, than those of infants; and never succeed with more uniformity, or more agreeably to the opinion I may have adopted of the seat and the nature of the disease. Every distemper may be said, in some sense, to have a language of its own, and it is the business of a physician to be acquainted with it; nor do those of children speak less intelligibly. Limited as is human knowledge in every department, there are yet certain principles and great outlines, as well in physic as in other sciences, with which men of experience are acquainted, that will generally lead them safely between the dangerous extremes of doing

too little, or too much ; and will carry them successfully, where persons who want those advantages cannot venture to follow them. Let me ask, then, is it observation and long experience, that can qualify a person for the superintendence of infants, or the treatment of their complaints ? Surely all these fall eminently to the share of regular practitioners, to the utter exclusion of nurses and empirics."

EPILEPSY,

OR

FALLING SICKNESS.

IN these fits, the person falls, suddenly deprived of sense and motion. During the fit, the limbs, the muscles of the face, and every part of the body, are violently agitated by convulsive struggles ; a frothy liquor issues from the mouth, and, if great care be not taken, the tongue is thrust out of the mouth between the teeth, and wounded by their convulsive closing.

During the fit, the greatest care should be taken that the patient does not injure himself by the violence of his struggles : he therefore should be directly placed on a bed. From neglect of this caution, it often happens, that the poor sufferer sustains very

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considerable injuries. The clothing should be every where loosened, and the head moderately elevated. As soon as possible, some substance should be introduced and held between the teeth to prevent their closing on the tongue ; and even when sense appears to be a little returned, no vessel of any fragile substance, as earthen-ware or glass, should be used for the purpose of offering drink ; lest, from the delirious state which occurs in the interval of the convulsion, or from the convulsion itself suddenly coming on, he should bite out a piece of the edge of the cup, or glass, and thereby get the sharp and broken fragments within his mouth.

Should it appear that the patient has been drinking too freely of spirituous liquors, or has loaded his stomach with indigestible and offensive matters, the first opportunity should be seized of getting a pretty strong emetic into the stomach. In these cases, it generally happens, that as soon as the stomach is cleared of its injurious contents, the convulsions entirely subside.

With respect to the other causes of this shocking disease, they are so numerous, and, in general, so difficult of detection, that the aid of some medical man should be always, if possible, obtained immediately on the fits taking place. To prevent the return of the fit, the domestic pharmacopœia teems with recipes ;

cipes ; but, previous to the adoption of any of these, I must entreat you, and my other readers, to attend to this fact—That this disease may arise from causes almost innumerable ; and many of these not only much differing from, but even sometimes directly opposite to, each other. A due attention to this circumstance must certainly, not only shew that a medicine ought not to be thus snatched at random ; but also that much patient investigation will be required to be employed, even by the most intelligent physician, before he can venture to determine on the means to be used for the cure.

WORMS.

As epileptic or convulsive fits are very frequently occasioned by the presence of worms in the intestines, it may not be improper to speak of them here.

Paleness, irregular appetite, and pains of the stomach and bowels, are generally supposed to be marks, by which the existence of worms in the stomach or bowels may be known ; but these symptoms are equivocal, since they generally accompany a debilitated state of the system, proceeding from any cause whatever. Indeed, it is by no means so easy, as is in general imagined, to determine whether worms do really

really exist in the bowels, or not. It would be easy to recite, in this place, the signs which are usually said to denote the presence of worms; most, or indeed all, of which accompany debility arising from various other causes: but the point is only to be determined, by a judicious and careful consideration of all the symptoms that are present, as well as of former illnesses, on which some of these symptoms may depend.

The necessity of determining, with some degree of accuracy, whether the complaints of a child depend on worms, or not, is much greater than may at first appear. The symptoms which are said to mark their presence, I have already observed, are those which likewise accompany debility from any other cause. If, therefore, this debility proceed not from worms, and the means generally recommended for their removal, particularly smart mercurial and scammoniate purges, be adopted, they will not only fail of producing beneficial effects; but, by increasing the weakness of the patient, occasion very dangerous consequences.

!! Within these few months, I witnessed the destruction of a young woman, who, enfeebled by a weak state of the stomach and bowels, could not be dissuaded from believing that her complaints were occasioned by worms. She therefore procured and took, without acquainting her friends, a nostrum advertised as a safe and speedy cure for worms. After a little time, she
perceived

perceived a little forenefs of her mouth : this ſhe little noticed. It became worſe, and this ſhe concealed as long as ſhe could, aſhamed of having ſecretly employed thoſe means to which ſhe attributed her preſent complaints. At laſt ſhe informed her friends of her diſtreſs and its cauſe, and, upon examination was now found to be in a deep ſalivation. By a proper treatment the ſalivation was, after ſome time, ſtopped ; but ſo much was ſhe reduced by the ſeverity of her ſufferings, by the quantity of ſaliva diſcharged, by the deprivation of her food, &c. that, although placed in the country, under the care of an attentive and affiduous mother, ſhe ſoon died.

WEAKNESS OF THE STOMACH.

THE ſymptoms which evince a weak ſtate of the ſtomach are loſs of appetite ; ſqueamiſhneſs, ſometimes ariſing to ſuch a degree, as to be ſucceeded by vomiting ; heart-burn ; coſtivenefs ; diſtenſions of ſtomach, particularly upon taking even a very ſmall quantity of food ; frequent riſings into the throat of a ſharp acid liquor ; and eructations of imperfectly digeſted matter.

The evils ariſing from this diſeaſe, are by no means confined to the ſtomach ; but generally extend over
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the whole system. From the sympathy which exists between the brain and the stomach, the patient is also affected with giddiness, and pain of the head.

In consequence of the functions of the stomach not being duly performed, a sufficient quantity of aliment is not taken into the stomach ; and what little is taken in, does not undergo a proper digestion. The blood, therefore, becomes so impoverished, that the body no longer receives its due quantity of nourishment ; hence arises a paleness and coldness of the whole surface of the body, and particularly of the extremities ; the patient becoming weak and emaciated, his lips white, his tongue foul, and his countenance bloated and unhealthy. A considerable degree of languor and dejection of spirits also take place, his nights are disturbed with frightful dreams ; and in the day time his mind is distressed with a variety of ill-grounded alarms, and apprehensions. If the disease is not timely opposed by proper means, the feet and legs will be perceived to swell ; plainly shewing that excessive debility has taken place, and that a collection of water may be soon formed in some of the larger cavities, by which death itself may be induced.

Errors, and irregularities in the mode of living, are the most frequent causes of this malady. Those who indulge in the immoderate use of tea and coffee, are particularly

particularly liable to it ; as well as those who are habituated to the constant use of tobacco, and opium. Even bark and bitters, than which few things are more serviceable in curing this complaint, will frequently increase it, or even produce it, if exhibited improperly. Those who are much exposed to cold and moist air, and those who lead sedentary lives, and apply themselves too closely to business, or to intense study, as well as those who suffer from anxiety, and distress of mind, are often victims to this disease. Distending the stomach frequently, with excessive quantities of either solid or fluid aliment, is likewise injurious. But the most frequent cause of weakness of the stomach is, perhaps, the constant use of spirituous and strong fermented liquors. Nor is it necessary to the production of this disease, that these liquors should be taken in such quantities as will produce intoxication ; since these effects succeed to the frequent drinking of them, in small quantities, and even when highly diluted.

There are few diseases, if any, over which the physician has so little power ; unless aided by the resolute efforts of the patient, as in this. In vain may he prescribe the best adapted remedies, and in vain may they be swallowed, unless the strictest attention be paid to those rules, which every physician must think necessary to deliver to patients in this disease. These
injunctions,

injunctions, indeed, must too frequently be of such a kind, as very few will be disposed to submit to ; since they will enjoin, perhaps, the yielding up of habits, which, in consequence of long indulgence, have taken such possession of the will, as to require the most sedulous, and unremitting endeavours to overcome them. They may perhaps require a course of life to be pursued, totally opposite to that in which the patient has placed his greatest delight and enjoyment:

There exists but little chance that a physician will be able to convince his patient, that any ill effects can be produced by the continuance of practices, in which he has so long persevered ; and in which so many persist, and, as he supposes, for want of sufficient enquiry, with entire impunity. Or should a physician prove so successful, with the arguments he may adopt, as to convince his patient of the pernicious consequences of any farther indulgence ; how little probability is there, that the necessary restrictions will be complied with. Rather will it happen, and, in fact, so it daily does happen ; that the patient, soured by the long continuance of his disease ; angry with the physician, for having pointed him out, as the cause of his own sufferings ; and vexed with himself, for his weakness, and want of resolution ; will rail at the inefficacy of the art, and perhaps at the ignorance of its professors ; asserting, that the admonitions

nitions he has received, are such lessons of austerity, as his monitor himself, has neither the power, nor the inclination to follow.

If a physician takes upon himself the honest part of shewing to his patients, that the greatest number of diseases are the result of indulgence in indolence and luxuries, he may expect, to a certainty, the fate of having his lectures but little attended to ; and may even esteem himself fortunate, if he escape both abuse and ridicule. “ Who is this,” the multitude cries, “ who presumes thus to preach ? ’Tis some “ satiated epicure, or some rigid melancholic. If “ health and life are only to be purchased at the price “ of all our enjoyments, they are not worth the price. “ If our lives are thus to consist of a perpetual state “ of warfare and toil, hourly struggling between the “ dictates of our habits and inclinations, and the “ denunciations of our physicians, let us take our “ chance—A short life and a merry one.” Were physicians to expect, that the present race of *bon vivants* would be reformed by their writings, and would immediately set about to correct their irregularities, and abridge themselves of their indulgences, they might perhaps deserve to be told, that their plan was chimerical and absurd. But those who venture to inveigh against idleness and intemperance, presume not to hope for the accomplishment of such wonders ;

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they cannot expect that their doctrine should often procure the sacrifice of favourite, and long indulged habits : they will be amply rewarded, with the pleasing idea of having made some converts, to their opinions ; who, though they may not possess resolution enough to quit the paths in which they have so long trodden, will not be inclined to suffer their children to be enslaved by habits, the ill effects of which they have themselves so much experienced.

This disease, however, as you will perceive by reverting to the enumeration of its causes, is not the lot only of the luxurious liver ; since it too often forms an addition to the distresses of the unfortunate ; but never more certainly, than when he seeks a respite from his miseries, in the temporary exhilaration arising from the abuse of spirituous liquors.

The symptoms accompanying this malady, mark it so distinctly, that there are very few who suffer from it, but are enabled to judge of the nature of their complaint. The inconveniences they experience evidently pointing out a weakened state of the stomach.

When the symptoms have become so considerable as to force the patient to seek for relief, he in general has recourse to some heating aromatics, or bitters steeped in spirits : the stomach being stimulated by these

these means, a trifling amendment will take place ; some of the symptoms becoming more moderate, whilst others are even suspended. This truce will be, however, but of very short duration, unless more effectual means be employed. To procure an entire removal of the disease, the stomach must be cleansed of the sordid and ill digested matters with which it is loaded ; and proper regulations must be adopted, both as to diet and medicine, to prevent their future accumulation. If these be carefully attended to, the Peruvian bark, bitters, preparations of steel, &c. may be administered with great probability of essential benefit.

The infusion of camomile flowers is a medicine which is frequently employed, with a considerable degree of success, in this disease ; but owing to a mistake, sometimes made in the mode of administering it, effects are produced, quite opposite to those which were hoped for : the error consists in the infusion of being drank warm, and in a large quantity ; by which nausea, and even vomiting, is produced ; whereas if taken in the quantity of a tea-cupful, and quite cold, it lessens sickness, and increases the appetite.

To furnish a plan of regimen, adapted to every constitution and habit, is by no means an easy task ; since some variation will be always required, according
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to the age and strength, as well as the former habits of the patient. But, in general, by strictly regarding the following rules, the cure of the disease will be accelerated, and future attacks of it prevented.

The greatest attention should be exerted by the patient, in endeavouring to discover what circumstances prove beneficial, and what injurious ; regulating his mode of living, in future, by the information he thus obtains. The circumstances which have been already enumerated, as productive of this disease, must, of course, be carefully avoided.

The food should be taken in small quantities at a time, but with frequency ; carefully avoiding the distending of the stomach, especially with liquids. Fat of meat, butter, and all oily substances, should be taken very sparingly ; and if at all rancid, abstained from entirely. Broths, &c. with all liquid food, should be fully impregnated with nutritive matter ; and should be taken only lukewarm. Fruits, and vegetables of all kinds, should not be used, until a considerable progress is made in the cure. The vegetable acids, such as vinegar, lemon-juice, &c. should be employed with a considerable degree of caution.

Early rising, and moderate exercise in the air, particularly riding on horseback, will prove exceedingly serviceable, giving strength and tone to the stomach, as well as to the whole system.

But

But when it is considered, that this disease may, if not timely removed, produce hypochondriacal, and other most serious and distressing complaints, no one, surely, who has it in his power, will hesitate, as to obtaining the advice of the intelligent and friendly physician.

HYPOCHONDRIAC AFFECTION,

THE hypochondriac is distinguished, in the words of the celebrated Cullen, by—A languor, listlessness, and want of resolution and activity with respect to all undertakings ; a disposition to seriousness, sadness, and timidity ; as to all future events, an apprehension of the worst, or most unhappy state of them ; and therefore, often upon slight grounds, an apprehension of great evil. Such persons are particularly attentive to the state of their own health, to every the smallest change of feeling in their bodies ; and from any unusual feeling, perhaps of the slightest kind, they apprehend great danger, and even death itself.

Those who are unhappily afflicted by this malady, too frequently become the subjects of raillery and reproof. The strange capriciousness of their complaints induce those around them to suspect them all to be imaginary. This is, however, very far from
being

being the case. It is true, indeed, that from the constant attention they are disposed to pay to every trifling change which arises in their bodies, and from the apprehensions with which they are tormented, their account of their feelings may be rather exaggerated and hyperbolic. But allowing this to be the fact, and even that the most ridiculous and chimerical distresses are imagined by them ; even in that case, their sufferings are such, that no considerate person will regard them in any other point of view, than as demanding all the solace and relief that friendship, attention, and judgment, can bestow.

It must be confessed, indeed, that much depends on the patient himself, and that several circumstances imperiously require of him a considerable degree of exertion. A fondness for frequent and various medicines, he should carefully strive to repress ; he should seek for a physician to whom he can entrust himself and his complaints, with friendly confidence, and to whose advice he can pay implicit obedience ; guarding himself against suspecting neglect, because his medical friend honestly avoids to load his stomach with more drugs than are necessary. But the grand point, on which all must turn, is his ready acquiescence in those other measures which may be dictated to him, as essential to his recovery. He must arouse himself from his distressing state of listlessness,
and

and allow himself to be disposed of as his friends may advise, for the purpose of diverting his attention to other objects than his own feelings. His proper avocations should be attended to, such arrangements being formed, as shall prevent him from being exposed to too much anxiety or fatigue.

His amusements should always be such as will afford a sufficient degree of interest ; such are games of skill, as cards, draughts, backgammon, and even chess ; for although the latter demands almost painful attention, yet it thereby prevents a much more injurious attention to certain other objects. These sedentary amusements should not wholly engross his hours, but should be interrupted by various exercises in the open air ; such as sailing, riding on horseback, driving a carriage, &c.

I cannot quit this subject without again noticing the folly, nay cruelty, of considering this complaint as dependent on the will of the sufferer ; and remarking, that so far from this being the case, this disease particularly depends on the original temperament of body. As well, therefore, may the peculiar make of the patient be ascribed to him as a crime, as the distressing feelings he experiences be attributed to his caprice.

COLIC.

COLIC.

To the treatment of this malady, domestic doctresses have long laid an exclusive claim : family pharmacopœias teeming with colic tinctures and elixirs, which, except when composed of too fiery ingredients, will frequently produce a mitigation of the symptoms, and sometimes a cure.

To produce this desirable effect, however, these medicines must be employed in pure colic ; and where no inflammation of the intestine has taken place. But, unhappily, it is extremely difficult to determine, whether inflammation be come on, or not : and there is very little doubt, that if this should be the case at the time of the administration of these medicines, considerable injury may be occasioned. Dr. Alexander Monro observes, “ The common practice of taking spirituous liquors, or the warm carminatives, when people feel colic pains, is often unlucky, and public warning should be given against it ; for though relief is found from such things in the windy or spasmodic colic, which is not a deadly disease ; yet they hurry on the inflammatory diseases so fast, that they soon prove mortal.” *

Much

* Observations, &c. by Dr. A. Monro. Medical and Literary Essays, Vol. I.

Much mischief may indeed be the consequence of mistaking the symptoms of pure inflammation of the bowels, or of strangulated rupture, for those of colic. It is not to be wondered at, that domestic practitioners should be very liable to fall into this error ; since considerable attention is required in the exercise of the judgment, in similar cases, by those who are well skilled in the nature of these diseases. This arises from the similarity of the symptoms belonging to these several diseases.

In colic, the chief symptoms are, frequent vomitings, obstinate costiveness, severe griping pains over the whole of the belly, but chiefly about the navel, accompanied by a painful sensation of distension ; the external part of the belly being, at the same time, drawn irregularly inwards. If these symptoms be compared with those which were described as the symptoms of inflammation of the bowels, and with those which belong to strangulated rupture, treated of in the next article, the resemblance will be found to be so great, as plainly to shew the danger of attempting even the alleviation of such symptoms, without judgment sufficient to discover their true origin.

In those cases where other assistance cannot be obtained, and where, from the former occurrence of the symptoms, or from other circumstances, the disease is

clearly ascertained to be colic, a clyster may be given, composed of a pint of warm fat broth, to which may be added a table-spoonful of common salt ; or the same quantity of gruel with two table-spoonfuls of castor oil, and a table-spoonful of soft sugar. If stools are not thereby obtained, a spoonful or two of castor oil may be taken. The belly should be fomented with flannels wrung out of hot water, and between the times of fomenting may be covered with one of the flannels wrung out as dry as possible, over which may be laid a large oxes bladder, nearly filled with hot water.

If these means fail, much circumspection is required, before any determination is made, as to the next measure to be adopted ; it being necessary to ascertain, with as much precision as possible, whether inflammation has taken place or not. For should the complaint be merely colic, without inflammation, the cure may be accomplished by some carminative purging remedy, such as senna tea, warmed by the addition of a little spirits of anniseed ; but should inflammation have come on, not only will every thing irritating be productive of farther injury, but it will even be necessary to employ bleeding, and that with a considerable degree of freedom.

RUPTURES,

RUPTURES, OR HERNIÆ.

THE term rupture was adopted when it was supposed, that the disease was always the consequence of a rupture of some of the parts which form the cavity of the abdomen or belly. But anatomical examination has shewn, that this disease, as it most commonly appears, takes place in consequence of the protrusion of some of the contents of the abdomen, through openings which are natural to the human body ; and without any rupture, or violent separation of parts. It will not be necessary to describe particularly, the several kinds of ruptures which may occur. It will be sufficient to observe, that ruptures generally appear in the groin, in the upper and fore part of the thigh, and at the navel : but they also may occur in any point of the fore part of the belly. Those which appear, at first, just above the groin, will, in general, if neglected, soon descend into the *scrotum*, in men, and into the *labia pudendi*, of women. The tumor, in this disease, is most commonly formed by a part of the intestinal canal, or of the omentum or caul, or of both.

In those ruptures which are capable of easy reduction, as soon as pressure is properly made, the protruded intestine generally slips up, all at once, with a kind of guggling noise, and the tumour immediately

diately subsides : where the tumour has chiefly been formed by *omentum*, that passes up more slowly, and without that particular noise which accompanies the return of the intestine.

In those cases of rupture, where stricture has taken place on the protruded parts, and the reduction is thereby rendered difficult, the belly becomes tense and painful, the pain of the belly, as well as of the tumour itself, being much increased by the least exertion ; a total stoppage of discharge by stool takes place, and the patient is distressed by a sickness at the stomach, which increases, until almost constant retchings add to his sufferings,

Having called your attention to these two states of ruptures, with or without stricture, I will now point out that information respecting them, of which I am convinced that every one ought to be possessed.

In those ruptures which are easily reduced, the mind of the patient should be impressed with the conviction, that, in general, and particularly where the disease is recent, it will depend entirely on his own choice and resolution, whether he ever suffer from it any serious inconvenience, or not. He may assure himself, that from the moment the parts are reduced, he has it in his power constantly to retain them in their natural situation ; and that, if he neglects to do
this

this, he may expect the disease to increase daily; and, not only that the tumour may attain an inconvenient, and even enormous size, but that he will be also momentarily liable to have a stricture induced on the protruded parts, which never happens without the greatest degree of danger,

To prevent all these evils, it is only necessary, that such a pressure be kept on the opening, through which the part protruded, as may prevent its again falling out: the pressure of the fingers shews how effectually this may be done, and if, at the time this pressure is made, the patient but gently coughs, he will discover how forcibly the protruding parts are driven outwards, and how necessary it is to guard against their future propulsion. The ingenuity of artists has devised a mode, by spring trusses, of applying a constant and properly adapted pressure; requiring little or no exertion, or even attention, of the patient himself. No person, therefore, in the situation thus described, should suffer a day, more than is absolutely unavoidable, to pass, without obtaining the comfort and security which will follow the application of a truss; since, if it be adopted at the first appearance of the disease, not only will the malady be stopped in its progress; but, if employed with constancy and steadiness, a radical cure may be gained. To those whose circumstances will render the acquisition

tion of this instrument easy, nothing further need be said ; but the poor industrious labourer, whose month's earnings would hardly suffice to make the required purchase, should be apprised of the vast importance of the early application of a truss : his better informed neighbour should instruct him, that after the first appearance of this disease, no consideration ought to induce him to make one more laborious exertion, until provided with this security against future mischief ;—that, if neglected, it will, in consequence of his exertions, increase with rapidity ; and may even soon destroy him : and lastly, that there can be no little luxury, or convenience, which he ought not to give up ; nor any sacrifice of delicacy, which he ought not to make, that prevents his application for benevolent and charitable aid, in procuring this important and necessary instrument.*

If

* It is with much pleasure I perceive an institution is formed, under the chirurgical direction of Mr. W. Turnbull, for supplying the ruptured poor with trusses. It is much to be wished, that similar charitable establishments may be formed in every part of the kingdom, for the relief of the poor afflicted with this malady. Miserable indeed is the state of him, who is under the necessity, either, for the sake of retarding the progress of this disorder, of totally abstaining from the labour which furnishes his family with bread ; or of rapidly increasing this shocking evil, and even of hastening his death, by persevering in his employments. His

claims

If it be discovered that the return of the rupture is become difficult, and that a stricture on the protruded part has perhaps taken place, the person should place himself on his back, inclining to the side opposite to that diseased, with the head low, and the breech raised high, the knees being drawn upwards, and a little outwards. Whilst laying in this posture, he should endeavour, by such pressure as he has been accustomed to employ for its reduction, to return the protruded part. Should he not succeed in this attempt, he may lay on the part a piece of folded linen dipped in cold water, and repeat his attempts. If these be also unsuccessful, he may then be assured that a stricture has taken place, and that ON THE SPEEDY REMOVAL OF THIS HIS LIFE DEPENDS.

This assertion is by no means made to occasion unnecessary alarm. One moment's consideration of the state of the parts, must be sufficient to shew the necessity

claims on the affluent are surely too just and powerful to be evaded ; especially by those who have themselves experienced the great advantages derivable from the use of these instruments. Mr. Blizard, in his *Suggestions for the Improvement of Hospitals, &c.* when enumerating the cases of distress in hospitals, which call upon humanity for consideration, but which cannot be brought within the provisions of those valuable institutions, particularly mentions "Cases of rupture, from sudden causes, which frequently require trusses, for preventing relapse, and even consequent death."

necessity of *immediate regular aid*, and the danger of trusting to domestic tamperings. Let it then be considered, that part of the contents of the abdomen, and probably a fold of the intestine, is thrust out of the cavity, and confined by the close pressure of the sides of the áperture, through which it has passed ; that whilst in this state no fæces can possibly pass beyond the protruded part, a circumstance which of itself must occasion death ; that, almost from the moment of its being thus incarcerated, inflammation begins to take place ; and proceeds, if the stricture be not removed, until it terminates in mortification ; and that the most expert and judicious surgeons are sometimes unable to reduce the protruded part, without an operation. Surely, when these circumstances are considered, no one will hesitate in determining, that not a moment should be lost ; but that the best chirurgical assistance that can be had, should be directly obtained.

From want of knowledge of these circumstances, alarm is, in general, not excited sufficiently soon to allow of benefit being derived, even from the best adapted means ; and very frequently, as is known to almost every surgeon, in that time which is lost, in following the *routine* described in some treatise on domestic medicine, do those mischiefs occur, which place the recovery of the patient beyond the reach of art.

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But it is not the loss of time merely, of which we have here to complain ; since it must too often happen, that the attempts to reduce the rupture, made by one who is not possessed of any anatomical knowledge, must increase the difficulty of the reduction. Force, in most cases, must be employed ; but if this be not done most carefully, and in a proper mode and direction, no advantage will be derived from it ; but, on the contrary, the fold of the intestine, which, in consequence of the stricture, is already considerably inflamed, will suffer an increase of inflammation, and the total strangulation of its vessels, and the death of the patient, must be accelerated.

Should every other means have been employed without success, the reduction of the rupture, by operation, should be had recourse to. By this the surgeon obtains access to the protruded part, and is then enabled, not only to adopt effectual means for its reduction, but even for a radical cure. The horror excited by the idea of such an operation, as shall expose a part of the intestinal canal, frequently determines the patient to submit to the certain loss of life, rather than thus receive immediate relief. His terrified imagination conceives the operation to be painful and dangerous in the highest degree. His alarm prevents him from fairly attending to the arguments employed to induce him to submit ; and he

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concludes,

concludes, that the chance of relief is so little, as not to be worth the additional torments, he imagines he shall suffer from the operation. But every man's mind should be impressed, previous to the moment of alarm and confusion, with these important truths—that the pain of this operation but little exceeds that which the patient is already suffering, or that which would be experienced by opening a moderate sized abscess ; and that so little danger attends the operation itself, that in almost every case where it terminates fatally, it may be fairly attributed to its having been too long deferred.

Before I conclude this article, justice to the afflicted demands, that I should state the claims a patient has on his surgeon, in this case. When once a stricture has taken place, no temporising can be admitted ; nor ought the patient to be left, a moment, with the fallacious hopes of a cure, by the spontaneous efforts of nature : instances of relief having thus occurred are too rarely met with to be allowed to influence our practice. Firmness, perseverance, and decision, must mark the conduct of the surgeon ; not a single measure that can be adopted with safety, and that affords the least hope of preventing the operation, should be omitted ; but when these have failed, the operation should be performed, without a moment's longer delay.

RUPTURE

RUPTURE AT THE NAVEL IN CHILDREN.

THIS is a complaint of very common occurrence, and but seldom excites that attention and interest which it has a right to demand. Mothers observe a slight protrusion at the navels of children, and witness its very gradual increase without alarm. They should therefore be informed, that if proper means for its cure be not adopted, it may become of a most enormous size, and even occasion the loss of life. To this information it is most pleasing to add, that the means of cure are in every one's reach ; and will be almost always successful, if employed early, and attended to constantly.

The means to be adopted are simply these—The protruded parts are to be returned, which may be easily done by slight pressure with the finger ; and retained in their proper situation, by a conical piece of very soft sponge, thoroughly cleared, by rubbing between the thumb and finger, of sand and minute shells, which may be lodged in its cavities. This being kept to the part, by the point of one finger, is to be secured by several slips of strongly adhesive plaster, three inches in length, crossing each other in a stellated form.

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It is proper, however, again to enforce the necessity of a constant attention in this case. It is not by keeping the parts confined for a few days, and then permitting them to remain unrestrained for a day or two, before the means are again employed, that a cure can be expected. Real advantage can only be obtained by constant and uniform pressure. Should, therefore, any difficulty arise in this very necessary process, application should immediately be made to those who are in the habit of performing this and similar operations.

The difficulty of retaining the parts in their natural situation may indeed be produced, by the nature and extent of the protrusion, and the advice of a surgeon may therefore be necessary to determine whether it will be safe to depend on this mode, or whether it will not be required to employ a well adapted elastic truss.

ULCERATION OF THE NAVEL IN CHILDREN.

A SORENESS of the navel sometimes occurs in newly born children, some weeks after the navel has appeared to be healed ; which seldom heals, even under proper treatment, in less than five or six weeks.

But parents should be apprised, that an ulceration

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of this part, much more dangerous and ungovernable, sometimes takes place, in children where a considerable degree of debility is manifest. In these cases, if the most effectual means are not early employed, the child will most probably be lost ; and, indeed, in many cases witnessed by Dr. Underwood, in which, of course, all that science could suggest was adopted, the ulceration spread over a great part of the belly, and even mortification ensued.

CHOLERA.

IN the disease thus named, the patient is harrassed by almost constant vomiting and purging ; bile appearing to exist in a considerable proportion, in the matters thus discharged. In general, the patient is also distressed with severe griping pains of the bowels, spasmodic contractions of the muscles of the belly, and extremely painful cramps in the muscles of the extremities,

In those cases where the disease is only in a moderate degree, where the patient is strong, and of a middle age, and no very considerable diminution of his strength takes place, there exists little or no danger. The free use of diluting drinks, as gruel, broths, &c. will, in general, prove sufficient to procure the return of health.

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But when the disease comes on with great violence ; occasioning faintings, cold sweats, coldness of the extremities, and a sudden exhaustion of strength, the patient may be concluded to be in a most perilous state : life depending on the immediate adoption of the most vigorous measures. Young children, persons advanced in years, and those who have been reduced by preceding diseases, must be attended to with the utmost care and vigilance ; since, in the course of two or three hours, the disease, if unrestrained, may sink them so low, as hardly to leave a possibility of their recovery. When marks of lessening strength are evident, the most strenuous exertions must be made for their support ; by freely administering, in small quantities at a time, strong beef, chicken, or mutton broths, deprived of their fat ; gruel, made into white caudle, by the boiling in it ginger, allspice, and whole pepper, and adding to it a proper quantity of spirits : and procuring that medical aid which symptoms so imminent must require.

DIARRHŒEA, OR LOOSENESS.

It may be sufficient, for the purpose of shewing the impossibility of giving such directions, as may enable domestic practitioners to take on themselves the cure of this disease, to point out the various circumstances

cumstances on which it may depend. A diarrhœa may be occasioned by too great a quantity of aliment being taken into the stomach ; by the peculiar nature of the food which has been taken ; by the digestion of the food having been impeded in consequence of the weakness of the stomach and bowels ; by various passions of the mind ; by diseases of other parts, or of the general system. Many other causes might be enumerated, but these are surely sufficient to shew the propriety of not attempting to lay down here, a plan of treatment applicable to every case.

One caution is however necessary, against the too prompt and indiscriminate employment of purgative medicines, in the onset of the disease. Believing it never to originate, but in the irritation occasioned by some matter, which, they suppose, cannot be too rapidly removed, those who suffer from this disease, generally, have immediate recourse to some active purgative, to expedite the salutary process which they suppose nature to have instituted. But it will frequently happen, that so far from accelerating the cure of this malady, such medicines will, by their additional irritation, prove highly pernicious.

Nutritive drinks should be taken freely, such as broths, gruel, &c. : but beyond the employment of these the patient should not proceed ; unless he is able clearly to ascertain the cause on which his complaint depends.

DIABETES.

DIABETES.

THE symptoms of this disease are here enumerated merely to excite those who suffer from it, to attend to it in its early stages, when, of course, it must be most likely to be within the reach of medicine.

In this disease, the urine is voided in a quantity unusually large, the tongue is white and foul, and the patient is tormented with excessive thirst. The urine, when viewed in a certain direction, has a greenish hue ; and, on being evaporated, yields a large proportion of saccharine extract.

A powerful inducement to those who are subject to this malady, to make early application for relief must arise from the knowledge that an ingenious physician, who has particularly attended to the nature of this disease, which has hitherto been esteemed so difficult of cure, concludes that it is now "*so far understood, as to be successfully cured.*" *

HYSTERICAL

* An Account of two Cases of *Diabetes Mellitus*. By John Rollo, M. D.

HYSTERICAL AFFECTIONS.

As these are, in general, symptomatic of some other disease ; and most commonly, perhaps, of some particular affection of the uterine system, the rules for their treatment can only be formed, upon a knowledge of those particular circumstances to which they owe their origin.

The management of the patient during the struggles of an hysterical fit, or paroxysm, may be directed by the principles laid down when treating of epileptic convulsions.

Suppression, or irregularity of the menstrual discharge, is very frequently the cause of hysterical affections. Indeed, so obvious is this cause, that a cure for these morbid affections is generally sought for in some nostrum, celebrated for its powerful effects. But a few words on this practice cannot but be beneficial.

That the most injurious consequences may follow from the indiscriminate use of these violently forcing remedies, must plainly appear, from stating only one assumed case. A delicate female, from some accidental cause, suffers a suppression of the accustomed discharge, the whole system soon becomes affected,

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neither digestion of the food, nor the usual conversion of aliment into chyle and blood, takes place to the required degree ; and hence a state of extreme debility ensues, plainly marked by a deadly paleness, dejection of spirits, and a constant disinclination to motion ; or rather, I should say, for the sake of lessening the too frequent, false imputations of indolence, in these cases, almost a deprivation of the powers of motion. In such a case, what must be the consequence, should these medicines, by their violence, occasion a restoration of the menstrual discharge, without, at the same time, producing an augmentation of strength ? Most certainly an increase of weakness and of all its attendant evils.

DROPSY.

IN *Anasarca*, a serous fluid is collected in the cellular texture under the skin. By *Ascites*, is meant dropsy of the lower belly. And by *Hydrothorax*, a preternatural collection of serous fluid in the chest.

So numerous are the causes on which this disease may depend, and so various are the diseases from which it may originate, as to preclude a hope of rendering any service by their enumeration, and to render the laying down a general plan of cure impossible. A detached observation or two on the nostrums
generally

generally employed in this disease, is all that appears to be necessary here.

To cure the dropsy without tapping, is the promise of many pretenders, to whom the lives of persons afflicted with this malady are submitted. But, in general, so violent are the remedies they employ, and so rash is their mode of administering them, that should they even make good their promise of removing the dropsy, it is most probable that so much weakness may be produced, that the patient will not long survive.

I very lately witnessed a case of confirmed dropsy of the belly, in which the patient was persuaded, by a domestic practitioner, to take a strong infusion of the fox-glove; much stronger than any physician would have dared to prescribe. The dropsy was removed, for a time; but the disease of the *viscus*, from which the dropsy proceeded, still remaining, the water again collected; and incessant vomitings and purgings, produced by the fox-glove, added considerably to his sufferings, and at length destroyed him.

HYDROCEPHALUS, OR WATERY HEAD.

No one, surely, can hesitate for a moment, in believing that the treatment of this melancholy disease ought

ought only to be confided to the most judicious and experienced. I shall, therefore, only mark out those symptoms which ought to arouse the attention of the parent, and occasion him immediately to call in the most powerful aid ; and point out some circumstances, by an attention to which this malady may, perhaps, be sometimes prevented.

This disease generally occurs within the first ten years of life. Sometimes the complaint comes on suddenly, but in general it commences with a slow fever, and is indeed accompanied, in its beginning, by such symptoms as to render it very likely to be mistaken for an attack of the slow nervous fever. Soon, however, the disease is rendered more manifest, by a disinclination to employ the muscles on which voluntary motion depends. The arms and legs are moved with reluctance, and the fatigue of preserving the body in an erect posture is such, that the patient is always desirous of being laid down : the pain in the head is more constant than in the slow nervous fever ; and the heaviness and dulness more evident : the pulse is also usually very slow and irregular. As the disease proceeds, the pulse becomes quicker ; the child's senses and faculties become evidently impaired, the sight particularly fails him, objects appearing exceedingly indistinct, and the pupils of the eyes are constantly dilated. Towards the close of this melancholy

choly scene, the urine and stools are passed involuntarily ; total blindness comes on, and a fatal termination takes place while the patient lays in a comatose state, or whilst agitated with severe convulsions.

This disease may be the consequence of an original weak habit of body, of various other affections of the brain, and of other diseases which have induced a considerable degree of debility of the whole system. But one cause, and that perhaps a very frequent one, more particularly demands here a few words.

This cause is a violent concussion or jar of the head from blows or falls. When the numerous accidents, to which children are exposed, are considered, together with the delicate texture of the brain, it becomes really a subject of surprise that this shocking calamity does not more frequently occur. It however happens with sufficient frequency to warrant the most zealous exertions for its prevention.

On this head it will not be sufficient to say, that care should be taken that children should not be unnecessarily exposed to injury.—Parents must excuse the suggestion, as it is made with a hope that it may prove beneficial.—The correction of children, performed in the moment of passion, is not always within those bounds which the parent would the moment before, or after the infliction of the punishment,

punishment, himself have described. A box on the ear, as it is termed, or a severe blow on the head with the open hand, is the most ready punishment, and therefore most generally adopted, when petulance or passion impels to an immediate correction. But when I consider the tender fabric of the brain, and also that a blow sufficient to give the intended degree of pain to the delinquent cannot be inflicted without giving a considerable jar to the head, I must suspect it to be a mode of correction highly improper, and which may possibly occasion this dreadful malady.

The observation I now shall make, I am aware may appear to many to be bordering on frivolity ; but satisfied of its real importance, I shall, without apology, introduce it. To endue children with hardiness and caution, it has been recommended, rather than smooth the way for them, to render it more replete with obstacles ; and rather than shield them from the little injuries they would suffer from their trips and stumbles, to let them feel their consequences ; that the difficulties they overcome, and the pain they suffer, to-day, may furnish them with courage and circumspection to-morrow. The principle is certainly good, therefore I propose not to combat with it, but with a practice which has arisen from its improper extension. I mean that of neglecting to guard the head from the injuries to which
it

it is subject, from those accidents to which children are so frequently subject. It was the good practice of parents, a few years back, to surround the head with a circular quilted pad, covered with silk, which, though not very ornamental, had no very forbidding appearance, and must frequently have saved children from considerable injuries of the head. I am so confident of this fact, that I cannot resist the impulse of most earnestly proposing their adoption to the affectionate parent.

THE BITE OF AN HYDROPHOBIC ANIMAL.

WHEN the shocking effects sometimes resulting from this injury are considered, and the uncertainty of success arising from the employment of such medicines as have hitherto been tried is also contemplated ; the propriety of endeavouring, in this place, to excite every one to the prompt adoption of the only means of obtaining security, will, I think, be manifest.

From the absorption of the saliva, conveyed by the teeth of the animal into the wound he inflicts, is the hydrophobia supposed to proceed. The more speedy and the more complete its removal, the less chance
is

is there for absorption. Consequently, in every case of bite from an animal, in which there is reason to suppose hydrophobia exists, the piece should be immediately cut out ; so carefully including, even the parts immediately surrounding the wound, both at the bottom and sides, that a probability shall not exist of the knife's coming in contact with the wound made by the animal. For should this be the case, not only would the excision be incomplete, but the knife itself, imbued with the poison, would serve to multiply the infection.

The carefully washing the wound by repeated ablutions with warm and cold water, and the application of a caustic to the part, have been recommended ; but when our endeavour is to obtain an exemption from such a terrific disease, no apprehension of momentary suffering should induce us to adopt those measures which obviously do not rank as first, in the probability of being successful.

SCALD HEAD

Is a disease in which little ulcers form in the skin, at the roots of the hair, pouring out a discharge, which generally dries on the part in a hard white crust. Sometimes the disease spreads over great part of the head, and the discharge is so considerable as to
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keep the diseased parts in a moist state. When this is the case, the scalp assumes an honeycomb appearance.

This disease is communicable by contact, and it is often the consequence of want of attention to cleanliness. It is also supposed to be a symptom of scrofula.

The cure of this disease should be attempted in this manner. The hair should be removed freely by shaving; if the disease should be extensive, the whole head should be shaved; but if it is so slight that the removal of a part is sufficient, the remainder should be carefully cleansed by washing with strong soap-suds. The sores themselves may be rubbed with the *unguentum hydrargyri nitrati* of the shops; or with an ointment composed of one part of the powder of white hellebore, two parts of flour of sulphur, and as much tar as will make it into a due consistence. When the hairs seem to be loosened, they should be pulled out; and this appears to be best done by the application of some adhesive plaister, which, on its removal, will bring the hairs with it. A submission to this unpleasant and painful process is often necessary to obtain a cure.

Although I have here slightly sketched a mode of cure of this disagreeable malady, I must yet remark,

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that it is a disease so important in itself, and so much more so in its consequences, as to render its early removal highly necessary : regular chirurgical assistance should therefore, if possible, be obtained. I have already mentioned its being esteemed one of the symptoms of scrofula ; but I shall trouble you with one or two observations more on this point.

When the unfortunate sufferers under this malady have been subjected to it for a little time, an enlargement of the glands on the sides of the neck generally takes place. This also being esteemed one of the symptoms of scrofula, it is in general supposed that the patient was originally scrofulous, and that the scald head was the first manifestation of the disease. But here I venture, with the utmost deference to the authorities I oppose, to suggest, that scald head may not be a symptom of scrofula ; and that, in many of these cases, the enlargement of the cervical glands may be only the consequence of the irritation of the absorbents originating in the diseased parts ; and that scrofula may only succeed where this irritation is long permitted, and where the subject is unfortunately predisposed to this disease.

I should not have agitated this question, in such a work as this, a work pretending to no originality, but with a hope of drawing such a conclusion as may prove of real use. From the foregoing observations,
then,

then, it must appear, that if the disease be removed at its first appearance, the swellings of the glands of the neck, the more strong characteristics of scrofula, may not appear ; that if these even have appeared, they will disappear if the original disease be timely removed ; and that, on the contrary, where the original disease has been allowed to exist long, the glands of the neck will become diseased, and this secondary affection may extend itself through the greater part of the lymphatic system : the scald-head, in consequence of neglect, having become the cause, at least the exciting cause, of scrofula.

The importance of an early and judicious opposition to this disease, must, from the above considerations, be obvious. I have, therefore, only to repeat, that it is a contagious disease ; and to recommend, that, on its appearance, those whom it attacks should be carefully separated from other children.

THRUSH.

APHTHOUS ulcers in the mouth seldom happen to grown persons, except some considerable disorder of the system exists at the same time, or has just preceded. In children they occur very frequently, and even at times when the child appears, in other respects,

spects, perfectly well. Improper food is perhaps a principal cause of their occurrence, since those children who are robbed of their natural food, and crammed with mixtures of bread and water, &c. which are often given much too hot, seem much more disposed to this complaint, than those children, whose mothers have it in their power, and are disposed, to supply them with the food which nature has appointed for them.*

Breathing

* The thrush almost always affects those children who are attempted to be dry-nursed. Gripings, constant diarrhæa, rapid waste of strength and of flesh, are almost the certain harbingers of speedy death to the poor little victim, doomed to perish for want of that nutriment which nature had designed and bounteously provided.

“ Connubial Fair ! whom no fond transport warms,
 To lull your infant in maternal arms ;
 Who, blest’d in vain with tumid bosoms, hear
 His tender wailings with unfeeling ear ;
 The soothing kiss and milky rill deny
 To the sweet pouting lip, and glitt’ning eye !—
 Ah ! what avails the cradle’s damask roof,
 The eider bolster, and embroider’d woof !
 Oft hears the gilded couch unpitied plains,
 And many a tear the tassal’d cushion stains !
 No voice so sweet attunes his cares to rest,
 So soft no pillow as his mother’s breast !” DARWIN.

To such of my fair readers who are disposed to listen to the voice of admonition, on this important subject, I earnestly recommend the perusal of the charming poem of *THE NURSE*, by Mr. Roscoe.

Breathing the confined and impure air of the bed and bed-room, during the month, where due attention to cleanliness and ventilation is not attended to, may be another cause of this disease. A disordered state of the stomach and bowels may also be considered as a cause of the thrush.

Unless the cause of the disease can be ascertained, there will be very little probability of adopting a successful mode of treatment. Enquiry, therefore, must be made into the kind of food with which the child is supported. In general, this will be found to be improper, and not sufficiently nutritious : this fault must be therefore corrected ; the child must be allowed to breathe a purer air, and particular regard must be paid to the state of the bowels. As this disorder may depend on so many different circumstances, it is not possible to point out here the medicines which will be required. But I cannot allow this opportunity to pass without calling the attention of parents to the cruel practice, frequently adopted by nurses, of cleansing the mouths of children afflicted with the thrush, by rubbing the inside of their mouths roughly, with a piece of linen cloth wrapped round a piece of stick, and dipped in a mixture of Armenian bole and honey. Whoever has witnessed this operation, must have perceived that it has occasioned the little sufferer very considerable pain : and a very little consideration

consideration will serve to convince, that the pain thus inflicted is unnecessary. The aphthous sores which constitute the thrush are filled by gangrenous sloughs, these either adhere to the living parts, or are separated from them. If the former be the case, there is very little likelihood that the sloughs will be removed by friction, however severely employed : if, on the other hand, a separation have taken place, no force is necessary for their removal. In both cases, it is entirely sufficient, that whatever applications are resolved on, should be of a tenacious consistence, and be put into the child's mouth from the end of a tea-spoon ; the action of the child's tongue, which necessarily follows, being quite sufficient for the diffusion of the remedy, and for its application to the affected parts.

SWALLOWING OF PINS, &c.

CHILDREN, from their being playfully disposed to put various substances in their mouths, are liable to have hard and sharp pointed substances pass into the gullet, and even into the stomach. By the silly practice of putting pins, &c. into their mouths, adults are also exposed to the same mischiefs. Pieces of bones, gristle, &c. sometimes stop in the gullet, and afford considerable distress ; but these may in general
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be speedily removed by a piece of whalebone, to one end of which is affixed a button of sponge.

If a pin, or any other sharp-pointed substance, should stick in the gullet, beyond the reach of the forceps or nippers, it is indeed a case which calls for the utmost exertions of patience from the unfortunate sufferer, since it will in general be found much better to wait the spontaneous loosening of the substance, which may happen much sooner than could be expected, than to risque additional injury, by employing the means usually recommended, which are the passing of the sponged probe, and the administering of a vomit. Unhappily the position of the pin, for instance, cannot be known, and it is not at all unlikely that the pressure of the sponge, or the urgings to vomit, may more deeply infix the point. Farther, it may be observed, with respect to an emetic, that should the patient unhappily, during the first urgings to vomit, experience excessive pain, from which it is concluded that the pin laying across the throat, every exertion serves to fix it deeper, we are obliged to witness this addition to his sufferings without affording relief, not having it in our power to stop the vomiting, until the stomach is cleared of the emetic.

It is too prevalent a practice, when any substance of this kind has passed into the stomach, to endeavour to hasten its passage through the bowels, by giving
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some opening medicine. Just the contrary conduct to this should be adopted. Milk, alone, or mixed with eggs unboiled, should be immediately taken, as by the coagulation which takes place, the substance may become so involved, as to prevent its doing injury to the stomach; and on the same principle should opening medicines, which render the fæces thin, be avoided; as, by allowing the fæces to obtain some firmness, there will be the greater probability of the pointed parts of the substance being so sheathed, as to prevent them injuring the intestines.

BOIL.

A BOIL is a circumscribed hard tumour, exquisitely sensible, spreading below the surface, and rising very little above the level of the skin. Its size is in general about that of a pigeon's egg. After it has existed a few days, a trifling discharge of matter issues from a small opening in the most prominent part of the tumour, a slough remaining at the bottom, which is, in general, a considerable time before it is separated.

Boils, unless they are very large, and happen in debilitated constitutions, although productive of considerable pain and inconvenience, are without danger,
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and will often do well without chirurgical aid ; but, in general, the cure will be accomplished much sooner, and the patient spared much inconvenience, by a free opening, and other assistance, which cannot be well obtained but from the hands of a surgeon.

In general they may be brought into a good state, by the application of warm fomentations, and emollient cataplasms : when a tolerable opening is obtained, the ulcer may be dressed with any mild digestive ointment ; and in general the cure will be completed without much difficulty. Attention must also be paid to the general state of the system ; since if that particular state on which they depend is not changed, the patient may be harrassed for a considerable time, by their making their appearance in different parts of the body. With the hope of producing this change, domestic practitioners, in general, adopt a practice which must often prove very injurious : that of putting the patient under a long course of drastic purgatives. That this practice must often be succeeded by ill consequences, must be evident, when it is considered, that the greatest benefit to be obtained in such cases is from the use of tonic and strengthening remedies, such as the bark, sea bathing, &c.

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ANTHRAX,

ANTHRAX, OR CARBUNCLE.

AT its commencement, anthrax has much the appearance of a common boil, but it soon puts on appearances which point out the malignity of its nature : the redness and hardness extend themselves very wide, although the tumour is raised but very little above the level of the skin ; small pustles come out on the surface, which have the appearance of being only superficial, but the openings which they leave evidently reach to the large sphacelated base which possesses the place of the cellular membrane ; about the middle of the tumour the colour is of a deep crimson, inclining to purple, becoming paler and mottled toward the circumference ; the surrounding integuments are generally found by pressure to be in an œdematous state. Several of these sometimes appear at the same time ; but most commonly a single one occurs, which spreads to a great extent.

THE CURE OF ANTHRAX. By the exertion of a skilful surgeon, and the most scrupulous exactness in pursuing his directions, this terrible disease is sometimes cured ; but the state of the body which exists is such as must always render the event highly to be feared. To treat, in this work, of the surgical treatment of this disease, would be presumptuous and useless ;

useless ; since it is of too serious a nature to admit of the triflings of family practice. A considerable opportunity, however, always offers itself for the friends of the patient to evince their zeal, and assist in the cure : for so much assiduity is required, in administering proper cordials and nourishment, that it ought hardly ever to be entrusted to the care only of an hired attendant.

From their great similitude at their first appearance, there is much reason to fear, that the carbuncle, at its commencement, is often mistaken for a common boil—a mistake which may be productive of the most dangerous consequences, since in carbuncle the exertions for saving the patient must be very considerable and unremitting : the treatment which is ordinarily adopted for a common boil, would, therefore, allow the disease to make such a progress, that art might afterwards be of no avail in endeavouring to save the patient.

INFLAMMATION AND ABSCESS OF THE BREAST.

INFLAMMATION of the breast may be judged to have taken place from heat, redness, and pain, possessing a part or the whole of the breast. When the disease

disease is considerable, it is usually preceded by a shivering, and accompanied by fever. The milk continuing to be sometimes secreted into the breast, without any discharge of it being obtained, the breast necessarily becomes tense and heavy.

The inflammation of the breast may happen without being able to ascertain any cause. But, in general, it may be traced to one or the other of these causes—exposure to cold, repressing the discharge of the milk, or external violence,

To remove this disease by resolution, the means should be had recourse to in the early part of the disease. When, if the disease exists in a very considerable degree, blood may be taken from the arm, in a quantity proportionate; but, in general, large bleedings are not required in the cure of this disease, the loss of small quantities by topical bleedings generally proving sufficient for the intended effect. Gentle purgatives are proper, and a preference should be given to such as contain some of the neutral salts in their composition, since these will also tend to increase the discharge of urine. To lessen the secretion of milk, no more aliment should be taken, than may be just sufficient to support the strength of the patient. To promote the absorption of that which is secreted, the breast may be frequently bathed with camphorated oils, using, at the same time, a moderate degree of pressure.

pressure. To lessen the ill effects resulting from its tension and weight, the milk may be drawn at proper intervals, and the breast suspended by means of proper bandages, and the increased action of the inflamed part be lessened by the use of proper cooling applications.

If the inflammation does not seem likely to be dispersed, but suppuration appears to be advancing, recourse must be had to warm and emmollient fermentations and cataplasms. Abscesses, in the breast in general do very well, when allowed to break spontaneously ; but there are many cases, where the assistance of the surgeon prevents numberless inconveniences, and very much accelerates the cure of the disease.

The inflammation may be either outwardly, in the integuments, or it may possess the centre of the breast. Much need not be said to make it believed, that the latter is much the worst case, and requires the greatest exertions for its removal.

Frequently, however, in those cases where the patient has been satisfied with the assistance of some family practitioner, she will be under the necessity, at the conclusion of the disease, to have recourse to a regular surgeon, for the removal of a disagreeable hardness, which often continues for some time after the

the inflammation has ceased ; which, although it is not of the same nature with scirrhus and cancer, will often require the greatest skill to ascertain its most proper mode of treatment.

CHILBLAINS.

A CHILBLAIN is an itching and painful swelling, produced by the action of cold, sometimes terminating in ulceration.

Tumefaction, redness, and itching of the part, are the first marks which denote the coming on of chilblain. The swelling afterwards extends beyond the redness to the surrounding parts, which, upon pressure, will generally be found to be in an œdematous state ; the redness gets darker, until at last it becomes of a deep crimson, or even of a livid colour ; the itching increases to such a degree, as to become almost intolerable, and is accompanied with aching pain. If the mode in which the complaint is treated does not prove equal to the removal of the disease, it may continue, nearly in the same state, for a considerable time, or may terminate in ulceration. Before this happens, the complaints increase, and a blister filled with bloody water arises, after the breaking of which, a foul painful ulcer succeeds, which, if not properly treated, will

will extend itself, both in depth and width, affecting the tendons, and even the bones themselves.

Children, and young persons who use but little exercise, are most disposed to this complaint, which generally comes on with the winter, and, if powerful remedies are not had recourse to, will continue until the return of mild weather. Those who have once suffered from this disease are observed to be much disposed to a return of the complaint in the succeeding winter.

When this disease is only in a trifling degree, there is no necessity for application to a surgeon; the remedies afforded by domestic medicine are here frequently sufficient.

To strengthen the vessels of the part, so that by their action the blood, which seemed to be ready to stagnate, may be propelled through them, is the chief principle which should regulate the mode of treatment. With this view, the parts affected should be frequently rubbed with the naked hand, or with flannel; as much exercise should be used, as the state of the diseased parts will allow; and if there be no sore, stimulating medicines, such as camphorated spirits, spirits of turpentine, warm fomentations, plaisters, &c. should be applied to the parts affected. Sudden and considerable changes from cold to heat
should

should be avoided ; and, lastly, the parts should be defended from the action of cold by coverings of such substances as are known to have but little power in conducting heat, such as slightly woven woollen and cotton, wash leather, which is loose in its texture, and downy on each side.

When the chilblain becomes ulcerated, the ulcer must be treated according as its appearances may indicate, it being impossible to lay down a mode of treatment which ought to be adopted in every case, since the part affected is capable of putting on all the varieties of ulcers from other causes, and consequently may demand, in some cases, a different, or even an opposite treatment, to what it may require in others.

To prevent this disease, early recourse may be had to the means above recited for its cure, especially so far as respects exercise, friction, and preventing the action of cold.

WHITLOW.

THE whitlow is an extremely painful inflammatory tumour, possessing the end of the finger.

One species of this complaint begins with a considerable burning pain ; but the skin soon becomes elevated

elevated around the nail, and the whole end of the finger, and becomes filled with a sanious liquor ; the cuticle and contained fluid appearing almost transparent.

Another species has its situation much deeper than the former, the inflammation attacking the tendons and ligaments, and the intervening cellular membrane. The pain, at the commencement, and during the progress of this species, is much more violent and throbbing than that of the former species ; the pain being felt over the whole hand, and oftentimes even along the arm ; both the hand and arm, in such cases, becoming considerably swelled. The suppuration proceeds extremely slowly ; and when the matter is formed, it is so deep seated as to be a considerable time before it makes its way to the surface. By the violence of the pain, fever, delirium, and convulsions are sometimes produced ; the whole nervous system suffering such a derangement, that instances are known where death itself has been occasioned by this malady.

Abscesses frequently form along the course of the lymphatics, even as far as the arm-pit. The tendons suffer frequently so much, that the fingers become stiff and immoveable ; the bone also sometimes sustains so great a degree of injury, as to render the

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amputation

amputation of at least the last joint of the finger, necessary.

Whitlows may be produced by external injuries, such as a puncture, bruise, or slight wound. There have been many instances of the worst kind of this disease immediately succeeding to the most trifling and superficial punctures ; but they happen most frequently from some internal cause, or, at least, from causes that cannot be ascertained.

In the first species, no application is preferable to that of a bread and milk poultice : the tumour being opened, when in a proper state, a continuance of the same application will generally soon complete the cure.

In the other species, as early an application as possible should be made to a surgeon, since this malady will require every possible exertion to prevent the occurring of those evils above mentioned. Sometimes, indeed, when the disease is seated in those parts which are in immediate contact with the bone, the injury is communicated to the bone itself, in so early a stage of the disease, that it may be impossible for the most skilful surgeon to save the diseased bone.

SCIRRHUS

SCIRRHUS AND CANCER.

THE parts which are most commonly affected by this disease are the breasts of women, the arm-pits, nostrils, testicles, uterus, rectum, scrotum, &c.

A scirrhus in the breast commences with a very small, hard, and moveable kernel, which often remains a considerable time, without pain, and without increase of magnitude ; but, after some time, it increases, both in sensibility and size. A slight tingling also takes place in the part, and this gradually increases, until it terminates in a painful sensation, which at length becomes acute and lancinating. The tumour, as it increases in magnitude, becomes more fixed, and more irregular in its figure. The veins which run just under the skin, are enlarged, and the skin itself gets discoloured in several parts ; a fluid is discoverable underneath these discolourations, which exudes, when ulceration takes place. The ulcerations which succeed are very irregular in their figure, and —but why proceed in the description of this dreadful calamity ? Sufficient must have been said, to have furnished information to secure its detection at its first appearance ; and but little more, I hope, need be said, to fully prove the necessity of a resolute submission to its *early removal*.

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The hope of exciting in the unfortunate sufferer the degree of courage required to get rid, at first, of an evil, which becomes dreadful by sufferance, will induce me to employ the greater part of this article on that important object.

This disease I have already described as commencing with a *very small kernel*.—If, upon a proper examination, which, immediately on its discovery, should be obtained, this *small kernel* be ascertained to be a true scirrhus, the patient should consider, that nothing but its speedy removal, by the knife, can be depended on, to prevent its termination in cancer. It should also be considered, that during this state of the disease, the operation is comparatively trivial, and requires but very little time for its performance; that the pain which accompanies it is very far short of that which is imagined; and that the exemption from future disease is rendered, by it, almost certain.

It is worthy of remark, that the opposition to this, and indeed to every operation, does not proceed simply from the dread of pain; but from an association of the most horrid ideas of every minute circumstance, respecting the operation, which can be fancied. The assemblage of the surgeons, the preparation of instruments, and many other circumstances, the enumeration of which would be opposite to the present purpose, are all represented in a colouring so *sombre*, and
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with touches so masterly and impressive, that the mind is filled with the utmost horror at the picture the imagination has drawn. Reason has no longer power to exert its influence; and the unfortunate sufferer, thus becoming the slave of terror, attempts not to argue and combat with the host of terrific spectres which fancy is constantly placing before the eyes.

When I consider how powerfully the dread of an operation affects the mind, I cannot indeed expect to effect much by argument. Some little good may however, perhaps, follow, from this analysis of the ordinary process of the mind in this and similar cases. Since it thus plainly appears, that the dreadful apprehension of the operation is formed, in a great measure, by the mind's dwelling on objects entirely visionary, and that the fear of suffering pain has, perhaps sometimes, the least influence in directing the opposition to the operation recommended. Thus, we often see men who can bear pain with the greatest fortitude, declare, that although they well know the pain of the operation does not exceed that occasioned by the scratch of a pin, yet they can with difficulty bring themselves to consent to suffer the operation of—bleeding. Nor can it hardly be doubted, if the most timid female, suffering under this disease, was assured, that if she would permit the pain of the part to be augmented exactly to the same degree, and for the same

same period of time, as it would by any proposed operation, she should obtain an entire removal of the disease, and even indeed of the part itself, and this merely by an incantation, but that her consent would easily be obtained. But, indeed, it is not necessary to imagine a case, to shew that the dread of operations does not depend merely on the fear of pain, as this is sufficiently evident from the much more ready submission to the application of caustics ; even under the strongest conviction of their producing a much greater degree of pain, and of their affording a considerable less chance of a cure.

The mode of thinking which should therefore be adopted, by those to whom such an operation has become necessary, is to let the mind dwell only on the absolute pain of the operation, abstracted from all foreign circumstances and visionary terrors ; and to consider, that a cure may be obtained by only a few minutes increased pain ; and this pain very far short indeed of what is most probably anticipated by imagination : but suppose it ever so violent, let it be remembered, that it is but suffering, even say ! the most excruciating pain, for a few minutes, to procure an entire liberation from misery and despondence.

But, unhappily, there are many, whose dread of surgical operation is so great, that no argument or consideration can overcome. To these it is proper
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to address all the consolatory language that truth will allow ; and, therefore, to assure them, that this malady, although perhaps incurable, and accompanied by most distressing circumstances, is yet, in general, not attended with those excruciating pains which are supposed always to belong to this malady. If, indeed, the poor sufferer is induced, by the mistaken zeal of some sympathising friend, to place herself under the care of some of those impostors who have acquired the character of *cancer-curers*, this may not be the case, but the pains may become cruelly aggravated, and the progress of the disease rapidly accelerated.

I am well aware, that many of my readers will be ready to ask, But do not these, whom you have thus stigmatised, frequently effect cures, even in those cases which have been deemed cancerous ? It is therefore necessary to observe, that tumours in the breast frequently succeed to the inflammation of the breast, arising from retention of the milk, which, although they are certainly not of a cancerous nature, do often possess those appearances which render it very difficult to make the necessary distinction, and will continue under that form for several months, and at last resolve, perhaps, by the application of a bread and milk poultice. These are the cases which prove so favourable to the character of this class of practitioners. From their size, hardness, and length of duration, they

they commonly gain from the patient and her friends the epithet cancerous ; and should any professional man, deceived by an imperfect history, drop a suspicion of an unfavourable termination of the case, the foundation is laid, on which the reputation of some ignorant pretender may be raised.

When the surface of the skin is attacked by cancer, it generally begins with a small excrescence of the warty kind, which becomes a cancerous ulcer on suffering even a slight irritation : such are the cancers which appear in the face. The extirpation of these, at their first appearance, may be accomplished by an operation by no means remarkable for its severity.

Cancer of the womb is commonly preceded by a very considerable discharge ; much pain is felt at the bottom of the belly, darting in different directions, but chiefly down the thighs. As the complaint proceeds, the pains become more pungent and forcing, and at length ulceration taking place, a profuse discharge of variously coloured matter, very acrid and offensive to the smell, ensues ; the general state of the system sympathizing with the local injury, hectic fever is induced.

SCALDS

SCALDS AND BURNS.

Dr. Underwood observes, that—A strong solution of soap in water has long been in use with artificers, employed in any business exposing workmen to very bad scalds ; and is a very excellent remedy. But as the soap would take some time in dissolving, and the solution some time in cooling, the doctor recommends a mixture of six ounces of oil to ten of water, with two drachms of the ley of kali, or pot-ash. This quantity may be sufficient for a burn on the hand or foot, which is to be immersed, and kept about half an hour in the liquor, which will remove the injury, if had recourse to immediately ; but must be repeated, as the pain may require, if the scald or burn be of some standing. Should a person be scalded all over, and immediately put into a cold bath of this kind, and the head, at the same time, be frequently immersed, or well washed with the liquor, I believe, the Doctor says, very little injury would ensue.

The most useful application, I think, with which families can be provided, against the moment of emergency, is a strong brine, made by placing sliced potatoes and common salt in alternate layers in a pan, allowing them to remain until the whole of the salt is liquified ; which must be then drained off, and kept in bottles, properly labelled, ready for immediate use.

Linseed oil, so frequently recommended, should never be the first application ; since it possesses little, or no power in preventing the inflammations of the parts, and by greasing the skin, defends it entirely from the action of those remedies which would prove beneficial, if applied immediately in contact with the skin.

The ulcerations which succeed to scalds and burns demand so much nicety in their management, as to require the care of a skilful surgeon. Without this, the patient may be distressed by inconveniences for the rest of his life, which no subsequent endeavours may be able to remove : the most unsuspected adhesions of parts naturally separated, and the most rigid contractions of parts, which before were flexible, will frequently take place, necessarily occasioning the most distressing deformities.

Extraordinary instances sometimes occur, of those whose clothes have by accident taken fire, escaping in a wonderful manner, by adopting the use of such means as have been dictated by an extraordinary presence of mind. But rather than trust to that which is suggested in the moment of terror and confusion, by a mind totally unfurnished with any fixed mode of proceeding, it will perhaps be better to lay down certain rules, which being strongly imprinted on the mind, will serve to direct to the most safe and beneficial line of conduct.

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To call for help presents itself to the mind so instinctively, that it would not be mentioned here, but to remark, that this should be done, if possible, by ringing the bell, &c. without opening the door of the apartment, as the external air rushing in, would immediately increase the rapidity of the progress of the flames.

The first attempt should be to tear off that part of the clothing which is in flames ; and, if in a parlour, to seize the water decanter, and which, even for this reason alone, should be large, and kept always full ; or any other vessel of water, which may be in the room where the accident has happened, should be recollected and flown to.

If unsuccessful in these instantaneous exertions for relief, the unfortunate sufferer should seat himself on the floor, remembering, that in this posture she will be better enabled to smother the flames of her lower garments, and that an upright posture will render the communication of the flames to the upper part of her dress more probable.

In this situation, should there be a hearth carpet (which even for this use, in this moment of emergency, should form part of the furniture in every room,) it will, from the materials of which it is composed, prove highly useful in extinguishing the flames, laid over the burning clothes, or wrapped tight round them.

Females

Females are most commonly the subjects of this terrible accident, owing to their clothing being of a more combustible kind than those of men. Woollen clothes not only burning much slower than linen or cotton, but giving an alarm much sooner, by the smell their burning occasions. Females, therefore, whose age or infirmities almost confine them to their fire-side, and prevent the hope of any active exertions, should be persuaded to wear gowns and aprons of silk, or of stuffs of some fabric in which worsted and silk are blended, instead of muslin and fine linen; which not only will catch fire almost with a spark, but will burn with the utmost rapidity.

EFFUSIONS OF BLOOD FROM RUPTURED OR WOUNDED VESSELS.

“WERE the knowledge of the situation of the blood-vessels of the extremities, so far as is necessary for checking dangerous effusions of blood, and the use of the tourniquet, more general; not confined to the navy and army, but extended to colleges and schools, particularly military and nautical academies, manufactories, hospitals of every description, prisons, plantations, fire-offices, the clergymen of parishes in which no surgeons are resident, commanders of merchantmen,

men, miners, &c. it could not fail of proving highly beneficial to mankind." *

Convinced, with the benevolent author of the publication from which this and the succeeding quotations are taken, of the advantages to be derived from the wide diffusion of such knowledge, I have inserted the following paragraphs : but at the same time must express a wish, that they may incite my readers to a perusal of the little work itself, as the lessons it teaches cannot be too plainly imprinted on the mind.

“ The vessels, or tubes, which proceed from the heart, to convey the blood to all parts of the body, are called **ARTERIES**. From the power with which the heart propels the blood through this system of vessels, it happens, that, whenever they are wounded, the blood flows rapidly, and in jerks, from the wounded part. They divide, to be distributed to parts, from trunks, like the branches of a tree from the body ; so that, on pressing together the sides of any trunk, the flow of blood into the branches beyond the compressed part is prevented.

“ The vessels, which return the blood to the heart, are named **VEINS**. In them the blood receives but little of the impelling force of the heart, and, therefore,

* A Lecture on the Situation of the large Blood-Vessels of the Extremities, &c. &c. by William Blizard, F. R. S.

fore, moves not with a strong tide, or current, but glides evenly and gently on, like the ebbing water ; and, of consequence, wounds of these vessels are not of much importance ; a small degree of resistance, by a finger, or some folded linen, applied to the wounded part, will generally stop the bleeding.

“ It is very plain, then, that if a bandage or ligature be made sufficiently tight around any limb, the flow of blood into all the parts below must be prevented. But, to render this certain, the pressure must be very great in the whole circumference of the limb ; and, in some cases, from the situation of arteries between bones, the effect cannot be obtained. To perform this process, therefore, successfully, in cases of wounds and operations, and, at the same time, to prevent the consequences of an exceedingly strong *general* pressure, surgeons have fixed on certain parts of the trunks of arteries, before their ramifications, for the application of a pad, or COMPRESS.

“ The PULSE is the beating or distending of an artery, from blood propelled into it by the heart. The spaces of time between the pulsations are periods when the heart itself is filling with blood returned to it by the veins.

“ Now it is evident, that there can be no pulsation when the flow of blood and pulsation of an artery
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are prevented. Where, then, a pulse can be conveniently felt, as in the wrist, the ceasing of it, from a pressure being made on the trunk above, will prove that the pressure is made effectually. To illustrate this by experiment—Let a friend feel the pulse in your wrist ; then apply two or three fingers in *the little pit immediately below the collar-bone, close to the shoulder*. Press strongly, and the pulse will cease, because the artery that supplies the upper extremity passes under the collar-bone, over the first and second ribs, along this part, and will now be pressed against one of these ribs. Remove the fingers, and again apply them, and the pulse will be found to alternate with the pressure.

“ Suppose, then, a wound to be received, an artery of considerable size to be cut or torn, and a copious bleeding, in consequence, to happen, in any part of the arm below the place just described : it appears manifest, that, by making a pressure with the fingers, in the manner described, or assisted by a pad between the fingers and the part, the bleeding would instantly cease.

“ The arteries of the upper extremity, or arm, proceed from the trunk after this manner : *the trunk passes into the arm-pit, deeply situated ; it then proceeds along the side of the arm, next the body, obliquely towards the fore part of the joint or bend, and here divides*

vides into three branches. In this course to its division it lies near the bone, and may therefore be successfully compressed.

“ The distribution of the vessels of the lower extremity is in this way : the artery passes from the cavity of the belly to the GROIN, where, in thin persons, the pulsation of it may be felt.

“ At this place, in case of wound and effusion of blood very high in the thigh, effectual compression may be made, by some fingers pressed very strongly, in the manner described for compression below the collar-bone ; though it were better to have some kind of strong pad, or firm body, such as will be described, interposed between the fingers and the part. From the groin, the artery proceeds in an oblique direction, downwards and inwards, and at about the middle of the inside of the thigh it lies close to the bone. This is the most favourable part for making a pressure upon it, because of the resistance of the thigh-bone behind. And, where there are opportunities of choice, as in cases of wounds, or operations *below* this part, this is the place which surgeons fix on for the application of the compressing body ; it therefore deserves particular attention.

“ The course of the vessel is then *downwards and backwards to the HAM* ; in the hollow of which, against the lower flat end of the thigh-bone, compression may

again

again be very successfully made, in all cases of wounds or operations below the knee joint. - But *beyond* this part, compression must not be depended on; for, immediately below the joint, the artery divides, like that of the upper extremity, into three vessels, which are situated between the bones of the leg.

“ And now—suppose a wound to have happened by a pen-knife, or other thing, in the thigh, leg, or arm, and, a large artery being punctuated, a violent bleeding should ensue—You have no tourniquet, but you clearly understand what has been taught on this subject.—How, then, would you act?—Undoubtedly you would instantly pull off your garter, or take the first piece of string or cord you could find; roll up your handkerchief hardy, and lay it on the trunk of the artery above the wounded part; pass the garter, or cord, over the handkerchief round the limb; tie a knot, leaving a proper space; and then twist the ligature by a piece of stick or cane, or any other firm body you could procure.”

BLEEDING.

THE art of opening a vein, and the necessary cautions respecting the operation should be learned by every one; since cases of emergency may happen, where the necessity of its being performed is evident,

and where life may be lost before a surgeon can be obtained.

Another qualification necessary to be possessed is, that of being able to stop the flow of blood from a vein thus opened. Obvious as are the means to be employed on such an occasion, I will risk the assertion, that there is no medical man who has witnessed a moderate share of practice, but who has met with an instance or two, where, if life itself has not been endangered, considerable injury has been occasioned by a waste of blood, from the orifice opening afresh, after the departure of the surgeon; no one of the bystanders having presence of mind and intelligence sufficient to prevent the farther effusion. But a little attention to a few words will enable any one to perform the office of surgeon in this case.

The simple principle, with which the mind should be fully possessed, is, that the blood must cease to flow, if the orifice be closed. To accomplish this, let the thumb be slid on to the orifice, so as to bring its sides together, and to press it with a moderate force. The flow of blood will be now stopped, and the operator, now confident of the power he possesses, with the other hand cleanses the arm, while a little bolster of linen is folded by some bystander, which he artfully introduces between the orifice and his thumb: over this he places another compress of a
thickness

thickness sufficient to fill up the hollow of the bend of the arm, confining the whole with a ribband or tape passed over the compress, and above and below the elbow, in the form of a figure of eight, finishing with a knot over the compress.

LEECHES.

LEECHES may be employed in every case where topical bleedings are thought necessary, or where venæsection cannot be performed.

As these little animals are depended on for the removal of very dangerous diseases, and as they often seem capriciously determined to resist the endeavours made to cause them to adhere, I shall give a few directions, by which their assistance may, with more certainty, be obtained.

This useful ally to the physician, it may be remarked, is as little fond of the taste of physic as the physician can be himself. The introducing a hand, to which any ill flavoured medicine adheres, into the water in which they are kept, will be often sufficient to deprive them of life; the application of a small quantity of any saline matter to their skin, immediately occasions the expulsion of the contents of their stomachs; and, what is most to our present purpose,

the

the least flavour of any medicament that has been applied, remaining on the skin, or even the accumulation of the matter of perspiration, will prevent them from fastening. The skin should therefore, previous to their application, be very carefully cleansed from any foulness, and moistened with a little milk.

The best mode of applying them is by retaining them to the skin in a small wine glass, or the bottom of a large pill box, when they will, in general, in a little time, fasten themselves to the skin. On their removal, the rejection of the blood they have drawn may be obtained by the application of salt externally; but here, for the sake of those to whom we are so much indebted, I shall remark, that a few grains of salt are sufficient for this purpose; and that covering them with it, as is sometimes done, generally destroys them. It sometimes happens, that the blood will continue to flow from the orifice made by a leech longer than is desirable; and sometimes children have been nearly lost from the inability of the attendants to suppress the discharge. A few words, therefore, descriptive of the method in which this should be done, cannot but be useful. The blood should be washed off clean, and the point of the finger pressed moderately hard on the orifice, when the blood will cease to flow. A small compress may then be applied to the wound, which may be retained by the point of the finger, as long as the blood appears upon withdrawing

withdrawing the pressure. Remembering, that no more blood need be suffered to flow, than is thought necessary ; since all that is required to prevent it, is patiently to persevere in the necessary pressure.

SCROFULA.

FOR reasons sufficiently obvious, I shall not pretend to detail the various symptoms of this disease, or to lay down a plan of cure. I shall, with the confidence of being much more usefully employed, point out the injury which arises from neglecting to adhere strictly to the advice of the surgeon, as to one particular circumstance, in the most dreadful forms of the disease.

THE CURVATURE OF THE SPINE, which is accompanied by a carious state of the vertebræ, and which, if not timely remedied, is succeeded by palsy of the lower extremities, is a calamity over which the surgeon has such considerable power, as frequently to effect a cure, in cases of a most deplorable appearance. But in hardly any case whatever does the surgeon more require the auxiliary aid of parental attention and resolution ; since, let him be ever so well assured of the effects of the remedies he employs, he cannot expect a favourable termination of the disease, unless
the

the diseased parts are preserved in an absolute state of rest during the whole of the cure. Let it be recollected, that the spine or back bone forms the grand prop or stay of the animal machine; that the *vertebra* of which it is composed bear the weight of all the parts which are superior to them; and that, in this disease, these component parts of this chief supporting pillar of the structure is in a soft, crumbling state.—Common sense will then say—If you attempt a cure, never permit the weight of the body to be thrown on the spongy, distempered parts, either in an upright or sitting posture, but let the patient be constantly kept in an incumbent posture, on a bed or mattress. From want of attention to this injunction, as every surgeon knows, the failure of relief in these cases, may frequently be attributed.

INFLAMMATION OF THE HIP AND KNEE JOINT.

THESE dreadful calamities, known by the names of Hip Cases and White Swellings, might frequently be prevented, if parents were but aware that they may in general be traced back to some painful affection of the part which may have occurred some weeks before any lameness was perceived. Painful affections of these parts, therefore, should be seriously attended

to,

to, as by the early and vigorous employment of appropriate means, the disease may be removed in this, its first stage.

But should these have been neglected, or have been unsuccessfully employed, still a cure may be hoped for, but not unless, as in the former case, the diseased parts are kept constantly rested. What expectation of cure can be entertained, whilst the diseased parts are forcibly grated together? Who, to make use of a homely comparison, would set the wheels of a watch in motion, whilst in a state requiring the help of the artist?

FRACTURES OF THE LIMBS, AND INJURIES OF THE HEAD FROM EXTERNAL INJURIES.

PRESUMING that the injurious interference of domestic practitioners in those cases which belong to this section, is not to be expected, I shall here confine my admonitions to those points which are necessary to be attended to by the patient and his friends, during the first moments of the accident.

If, in consequence of a fall from some high place, or by any other accident, a considerable degree of injury appears to have been received; the sufferer being

being unable, in consequence of the deprivation of his senses, to point out the injured part ; some consideration and attention is necessary, before any attempts are made, even to raise him from the ground. Should a fracture of one of the bones, either of the upper or lower extremity, have happened, and not be suspected by his assistants, their exertions to raise him, and to place him on his feet, might force the fractured ends of the bone through the soft parts, and convert a mere simple fracture into a very dangerous compound one. The limbs, therefore, with a view to this circumstance, should be carefully examined ; but even if they seem to have sustained no material injury, yet should the patient not be precipitately raised, until something be provided, on which he may be placed : as thereby unnecessary, and perhaps injurious, exertions are avoided. As it will be fair to conclude, from the deprivation of the senses, that the brain may have sustained some injury, great care should be taken, that whilst he is conveying to his apartment, and whilst laying in the bed the head be kept moderately raised, and that on no suggestion whatever, any spirituous drinks be given to him.

The necessity of the latter caution, from the difficulty it may occasion in forming an opinion of the nature of the injury, will be made evident by the following case. A lad of twelve years of age fell
from

from a hay-loft about twelve feet from the ground, and was brought to his parents about an hour after the accident, almost insensible : it was with difficulty he was roused to answer a question, and then immediately relapsed into a senseless state ; after having laid in this state about ten or twelve hours, the surgeon first saw him : he then complained of extreme pain in his head, and sickness at his stomach, relapsing between whiles into a state approaching to insensibility.

Here appeared to be present several of the most characteristic symptoms of serious injury to the head ; the surgeon, therefore, had begun to apprise his parents of his apparent danger, when the boy threw a little matter off his stomach, which smelt strongly of spirits. He was immediately well drenched with warm water, until what he rejected no longer smelt of spirits. He then fell asleep, and awoke perfectly well in a few hours, the brain having sustained an injury, not from the fall, but from a bumper of brandy, which had been given to him by one of the by-standers, as a cordial, when he was first taken up.

But should it be discovered that a leg or thigh is broken, the aid and directions of a surgeon should, if possible, be obtained, for his removal ; but if this cannot be the case, the following rules should be observed.

1. That he be not stirred until a proper vehicle is procured, on which he can be placed.

2. This, if nothing more proper can be had, may be a door, a shutter, or two or three planks well secured together.

3. To place him on this, two persons may raise him, by means of a sheet slid under his hips, whilst one or two raise him by the shoulders; one person raising the sound leg, and one, the most intelligent of his friends, conducting the fractured limb.

4. In moving the fractured limb, the object which should possess the mind, should be, that the divided pieces of the bone be kept as much as possible in the same line, lest the fractured ends pierce through the soft parts.

5. If a pillow can be obtained, the broken limb should be placed on it; and, if it appear to be preferable, previous to his being raised.

6. When placed on the litter, he should be a little inclined to the same side of the injured limb, which, if circumstances will admit, should also be laid on the side, and with the knee a little bent.

7. The best mode of conveyance is undoubtedly by two or four men, in the manner in which a sedan chair is carried. A cart, or even a coach, should
never

never be employed, where the mode just recommended can be adopted.

8. As the patient will be under the necessity of laying some time without getting up, a matrafs should be laid on his feather-bed, or, if that cannot be had, two or three long and wide boards, joined together, may be placed under the feather-bed. If this can be done before he is first laid down, much subsequent pain and exertion will be prevented.

If the arm be broken between the elbow and the wrist, the arm should be bent at the elbow, raising the palm of the hand to the breast, with the fingers moderately bent ; the thumb being superior, and the little finger inferior. In this state it may be retained by a sling or handkerchief, supporting it from the elbow to the fingers ends.

When the arm is fractured between the wrist and shoulder, the fore arm may be placed in the same position as already described ; but the sling, instead of supporting the whole length of the arm, should only support the hand, which should be raised higher than in the former case, the elbow being allowed to sink ; its motion, however, being prevented, by a handkerchief passed moderately tight round the trunk, including the fractured arm.

I HERE

I HERE conclude the task allotted me, hoping that, notwithstanding its imperfections, this little work may prove of real utility.

Your candour will, I trust, prevent you from inferring from my philippics against domestic quackery, that it is my wish to lessen the diffusion of useful knowledge. Indeed, on the contrary, I am confident that the best, and most effectual mode of checking the career of empiricism would be, by more frequently admitting the study of anatomy, physiology, pathology, and chemistry, as part of a liberal education.

Possessed of some knowledge of the structure, of the uses, and of the laws of action, of the various parts of the human body ; and apprised of the considerable difference between diseases of similar appearance, few could be disposed, except where error seemed impossible, to prescribe for themselves, and lose the advantage of that aid which they might expect from those who had passed their lives in the study of the healing art. In farther recommendation of the study of these sciences, I must observe, that, independent of the advantages just mentioned, anatomy and chemistry would furnish the inquisitive mind with the most curious and interesting facts ; and would prove a source of rational and instructive entertainment. So obvious, indeed, is this, as to render it surprising that
gentlemen,

gentlemen, not of the profession, should not more frequently avail themselves of the opportunities of acquiring this kind of knowledge, in the pleasant and expeditious manner in which it is offered them, by the public lectures on these various branches of science. Nor is so much previous knowledge necessary as is in general supposed, the perusal of Dr. Gregory's *Œconomy of Nature*, and of the *Medical Extracts*, would supply all the information necessary to render the comprehension of the doctrines laid down in such lectures perfectly easy.

To those who may wish to obtain more accurate knowledge respecting diet and regimen, the lectures, published on these subjects, by Dr. A. F. M. Willich will be found highly useful. And it is with pleasure I state, that very ample directions to nurses for the management of the sick, in these respects, may be expected soon from Dr. Hamilton, Physician to the General Dispensary.

From a fear lest what I have said against indiscreet attempt to *harden* children, as it is termed, should not appear sufficiently convincing, I cannot refrain from earnestly recommending to parents the perusal of Dr. Darwin's excellent *Essay on the Education of Females*.

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As the exemption from the small-pox by the inoculation of the matter of the cow-pox, may still be considered as a subject of experiment and investigation, it cannot with propriety be dwelt on in a work of this kind. The farther experiments of Dr. Jenner and Dr. Pearson, with those which, I trust, will enrich the second volume of Dr. Woodville's excellent History of Inoculation, will, I hope, clearly shew how much may be expected from this most important discovery.

I am,

Your's,

J. P.

OBSERVATIONS

OBSERVATIONS

ON THE

Excessive Indulgence of Children,

PARTICULARLY INTENDED TO SHOW

ITS INJURIOUS EFFECTS ON THEIR HEALTH,

AND THE

DIFFICULTIES IT OCCASIONS IN THEIR TREATMENT
DURING SICKNESS.

These shall the fury passions tear,
The vultures of the mind ;
Disdainful anger, pallid fear,
And shame that skulks behind.

GRAY.

A SLIGHT and transient view of the duties of parents to their children, *during the state of infancy*, might favour the opinion, that little more is required of them than that care for their preservation which the brute parent instinctively bestows on its offspring. But when it is considered that the human parent possesses reasoning powers, and that the mental energies of the child begin to be evolved in the early days of infancy, it must be obvious that the duties are much more numerous and much more important :

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of

of a degree of importance indeed proportioned to the elevated place a child possesses in the scale of animated beings. Nor is this observation unnecessary ; no castle is here erected merely for the purpose of being levelled ; since there are too many instances where the minds of children are no more attended to, than if they were really the offspring of brutes ; and where even the necessary care for their health and existence is exceeded by almost the whole of the brute creation.

That children are born with various dispositions is undoubtedly true ; but it is also true, that by due management, these may be so changed and meliorated by the attention of a parent, that not only little blemishes may be smoothed away ; but even those circumstances which may more offensively distinguish the child, may, by proper management, become the characteristic ornaments of the man. But, alas ! too often do we see, from the want of this care, the charming blossoms of virtue and happiness blighted.

On the treatment the child receives from his parents, during this stage of his life, will, perhaps, depend much of the misery or happiness he may experience, not only in his passage through this, but through the other stages of his existence. If, on the one hand, every little folly of passion and impatience is immediately controuled ; if that which is admissible is regularly permitted, and that which is improper as regularly

larly withheld, the wily little creature will soon learn to distinguish that which is allowed of, from that which is prohibited. He will, indeed, urge his claim, for that to which he has been taught he has a right, with manly boldness ; but will not harass himself and his attendants, with ceaseless whinings or ravings, to obtain that which uniform prohibition has placed beyond expectation. But a melancholy reverse appears, if, on the other hand, no consistency is observed in his management ; if, at one time, the slightest indulgence is refused, and at another the most extravagant, and even injurious cravings, are satisfied, just as the caprice of the parent may induce him to gratify his ill humour, by thwarting another ; or to amuse his moments of *ennui*, by playing with his child as a monkey, and exciting it to those acts of mischief and audacity for which, in the next moment, it may suffer a severe correction. Continually undergoing either disappointment or punishment ; or engaged in extorting gratifications, which he often triumphs at having gained by an artful display of passion ; his time passes on, until at last the poor child manifests ill nature sufficient to render him odious to all around him, and acquires pride and meanness sufficient to render him the little hated tyrant of his playfellows and inferiors. Can the duties of a parent have been fulfilled in this case ? Can the child owe any duty, in return for such conduct ? Certainly not. What may be the natural

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obligations

obligations of a child to a parent is not intended to be here dwelt on, it is only meant to be asserted, that they must be lessened by treatment so absurd and injurious.

The mortifications which the parent must repeatedly endure, from perceiving his darling child render himself obnoxious to all around him, by the enormity of his conduct, must awaken a suspicion that some error has been committed in his management ; and must, at times, excite a transient inclination to adopt a more firm and rational mode of conduct. But suppose this child of humour and indulgence to be overtaken by sickness, then must the unhappy parent find conviction flash strong on his mind, and he becomes his own harsh, unforgiving accuser. When life itself depends on a peaceful serenity, and an exact compliance with various regulations, he sees his froward darling fevered by the exertions of passion ; and exhausted by petulant rejections of the means of relief, and by incessant cravings for those things which, being noxious, are prohibited, and which, by the perverseness of temper, are thereby rendered more desirable. Generally does the poor little sufferer pay with his life the purchase of his early indulgencies ; or, at best, escapes with an enfeebled constitution, presenting a constant memorial to his parent, that—**THE TEMPER OF A CHILD IS FORMED IN THE EARLY DAYS OF INFANCY.**

Every

Every one who has had opportunities of observation, must have remarked how distressingly the sufferings of the child, the perplexity of the physician, and the distress of the parents are augmented by frowardness of disposition. To particularise the various injuries which the excessive indulgence of the caprices of children may occasion to their health, and the several impediments it is productive of to their proper treatment, when oppressed with disease, shall be the endeavour of the succeeding pages. In making this attempt, it is eagerly hoped, that very powerful arguments will offer themselves to the affectionate parent, in favour of a strict regulation of the dispositions of children, even during their early infancy.

The diseases of children are, in general, involved in so considerable a degree of obscurity, as to demand the exercise of much ingenuity, and acuteness of discrimination in the physician, whilst engaged in discovering the nature of the disease he is required to remove. But when his enquiries are impeded, by excessive wailings; when the expressions of impatience magnify one particular symptom, and conceal the rest; the nicest investigation may prove insufficient to obtain the necessary information.

Not only is the physician sometimes, thus prevented from forming a just opinion of the nature of the disease; but even when, by dint of earnest attention and enquiry,

enquiry, he has satisfied his mind ; and is disposed to employ those means which his judgment may dictate, it too frequently happens that insuperable difficulties arise of another kind. The medicines he shall prescribe, he will, very likely, be told, must not only not be ill-flavoured, but, if he expects they shall be gotten down his patient, they must be absolutely without any taste.

In those cases, in which bleeding by leeches is required, he will often be told that however necessary their application may be, it is a remedy which must be declined ; for should the child ever see them, he would be immediately thrown into convulsions ; and as to a blister, although they, the parents, might be disposed to submit to have their child exposed to the infliction of this torture ; they are satisfied that as soon as he should experience pain from its action, he would directly tear it off. Placed under such limitations, it cannot be expected, however anxious the physician may be to procure relief to his patient, that much advantage can be obtained by his prescriptions. He therefore, either declines his attendance ; or acting within the bounds to which he is limited, he does little more than alleviate some of the more distressing symptoms, whilst he has the mortification to witness the almost uninterrupted progress of the disease.

Those children who are allowed to conduct themselves,

selves, entirely as their humour happens to prompt them ; and who have unhappily been taught, by their parents' imprudence, to regard their dictates as nugatory, are not only more exposed to the attacks of disease ; but have the chance of its removal lessened by not allowing the employment of the most efficacious means. Frequently, also, their disorder is augmented, by the violent exertions consequent to the irritation of the mind, produced by the pain, and the various inconveniences, accompanying the state of disease.

IMPROPER INDULGENCES IN FOOD.

UNLIMITED indulgence of children in the article of food, is a source from which a multitude of diseases arise. The child is placed at a table, where variety of meats, and the ingenuity of the cook, tempt the stomach to take food, beyond the calls of natural appetite. From extreme kindness, he is helped from almost every dish, until the stomach has received so much as to occasion an injurious distension of its coats, in consequence of which, the performance of digestion is considerably impeded.

This process being daily repeated, probably, the digestive powers become so much impaired, that loss of appetite, squeamishness, and even frequent vomit-
ings

ings succeed. The child, instead of acquiring strength, evidently becomes weaker, the eyes appear sunk, the complexion assumes a waxy paleness, and so great a degree of emaciation takes place, as plainly shows, that but little nourishment is derived from the great quantity of food which is employed ; and that the kindly meant indulgences have produced effects, directly opposite to those which were intended.

But should even these effects not take place, to the degree here described, and the stomach escape this species of injury ; an evil of another kind, of no small magnitude, will very probably occur. In consequence of these repeated distensions of the stomach, its capacity becomes actually enlarged, and the habit of taking large quantities of food is induced. Although the appetite becomes so depraved as to demand the consumption of even an enormous quantity of food, the stomach, however, not having its faculties increased, in the same proportion as its capacity, the system does not derive, even the same quantity of nutriment, as is afforded by the ordinary quantity of food, acted on by a stomach in its natural state. Hence will it be often seen, that children who feed even rapaciously, are thinner, and have a less healthful appearance than those, who feed with more regularity and moderation.

From these inordinate gratifications, another disagreeable circumstance frequently arises : as the child
experiences

experiences a loss of appetite for proper food, he becomes subject to the most unnatural cravings. The stomach satiated, and even surfeited, with sweets and delicacies, solicits for substances which are, to others, the most fordid and disgusting.

The foundation of all these evils is often laid in the first months of the child's life, by repeatedly distending its stomach with the various mixtures, employed as substitutes for that food which nature has prepared for it, and, of which it never suffers a deprivation, without danger of the most distressful consequences ensuing.

In early infancy, therefore, where unhappily the child is obliged to submit to this cruel deprivation, the food which is substituted should be simple, and approaching as nearly as possible to the nature of the mother's milk. Goats milk, asses milk, and cows milk are probably the best substitutes; but these should be given freshly drawn from the animal, slightly warm, unmixed with vegetable substances, and in frequent, but moderate quantities. Too frequently is the passive infant seen laying across the lap of its nurse, who pours into its stomach, one boatful after another, as warm as it can be swallowed, a mixture of water thickened with bread, the acedcent fermentation of which is promoted by the addition of sugar, this being often allowed to begin to take place, in the
space

space of time between its being mixed, and its being given to the infant.

As the child advances in age, still must it be remembered, that its health will depend on the simplicity of its diet. The variety in its chief meal should never be extended beyond two dishes.; the one, consisting of vegetables, dressed in the most simple mode, or of fruits dressed in the form of pudding or pie;* and the other, of animal food dressed as plainly as possible. Pickles and spices should be entirely avoided.

When this is done, and children are not teized with repeated urgings, to *try to take a little bit more*, they will be seldom found to eat inordinately; or to reject capriciously that food which is fittest for them. In those cases, where either of these circumstances occurs, it will, in general, be found to depend on injurious habits, induced by those improper modes of feeding, during infancy, which have been just particularised.

NERVOUS

* This permission will to some appear objectionable, as pastry has been repeatedly declared to be among those articles of food which are most injurious to the stomach. But although this may be true of those kinds of pastry which are made to contain a large quantity of butter, it does not seem that pie-crust of the plainer kinds can be so hurtful as to authorise its prohibition.

NERVOUS AFFECTIONS, AND MADNESS.

THOSE parents will often find themselves egregiously deceived, who flatter themselves into a confident expectation, that the early indulgence of the humours and caprices of children, will not be succeeded by any injurious consequences ; and that, as they advance in years, reason will assume her empire, and correct every improper propensity. But when the period arrives at which the reasoning powers are, in general, strong, it will, too frequently, be found that the passions have, by long indulgence, become strengthened, and are too turbulent to submit to the dictates of reason.

When the child of indulgence attains this period, judgment, ill formed, and exercised only by starts, serves merely to chequer his actions with inconsistency ; whilst reflection torments him, by showing to him the folly and extravagance of past conduct, and by pointing out to him as his duty, the adoption of that path into which he is unable to enter, since inclination, the absolute directress of all his actions, leads him the contrary way.

Accustomed to yield to no opposition, and taught that the business of life is not to endure, but only to enjoy ; he is but little able to brook those rubs, which, in the ordinary course of things, must fall to his lot.

Every circumstance which tends in the least to diminish the consequence he assumes, is felt most poignantly ; and from this principle, even the successes of those around him yield him pain.

When he mixes with the world, he is sure to find those of a similar disposition with his own, who will be ready to harass and thwart him at every turn ; whilst others, who know the facility of overreaching one who is full of confidence in his own judgment, but who, at the same time, bends like a reed before the breath of adulation, will not scruple to accommodate themselves to his humours, the more easily to cajole him, and render him their dupe.

It having been hitherto the employment of those around him, to shield him from the mortification of disappointment, by procuring the exact correspondence of events with his wishes, he comes into a tricking world, with a dangerous confidence of expectation and hope. His mind dwells with a deceptive assurance of success, on the termination of every speculative scheme ; and failure seems, to him, to be impossible. Thus deceiving himself, he looks forward only for sunshine ; and makes no preparation for those storms, against which, those blest with more caution carefully guard. When disappointment does break upon him, every thing conspires to render his distress most pungent and intolerable. His sphere of dominion, as it were,
is

is contracted. As his expectation of increased superiority has been indulged, the dread of humiliating depression is augmented. The suffering mind soon marks its influence on the whole nervous system : his nights are passed, almost without sleep ; his appetite, and consequently his strength, soon fail him ; and not only is the stomach impaired, but the bowels also become disordered. Frequent head-ach, tremors, palpitations of the heart, and dejection of spirits soon follow ; until his mind, morbidly irritable, is constantly tormented with imaginary evils. Every action of those he made feel his superiority, whilst prosperity bewildered him, seems now to be intended for retaliation : and even the manifestations of compassion are regarded by him, as the most cruel of all insults. Thus suffering under an accumulation of real and fancied ills, his misery becomes so great and insupportable, that sullen or furious insanity, or dreadful suicide may soon be expected to succeed.

EPILEPTIC FITS.

THE fondly indulgent parent must also be informed, that long before the age of maturity, the brain may become seriously affected in consequence of those passionate exertions which unlimited gratifications teach an infant to display.

The

The child who is accustomed to constant submission from all around him, seldom experiences opposition to his most extravagant and dangerous requests, without manifesting his resentment by the most violent and outrageous fits of passion. To these may frequently be attributed the occurrence of epileptic fits, and other convulsive affections, which often continue, through life, the dreadful lot of the subject of indiscriminate indulgence.

A remarkable instance of epilepsy being thus produced, and of its cure, I once witnessed in a girl about seven years of age. The least resistance to the wishes of this little favourite was almost sure to be followed, by the most violent gusts of passion, which generally terminated in an epileptic fit. After applying for relief to several physicians, and employing, without the least appearance of success, every measure which had been recommended ; although, perhaps, not with so much regularity and perseverance as the case required, her parents concluded the disease to be insuperable, and declined any further attempts at a cure.

At this period, a friend recommended a remedy, which he asserted would, if employed with a strict attention to every circumstance enjoined in the prescription, infallibly effect a cure. The prescription was as follows :—

Take

Take two ounces of blood, about the time of the moon becoming full, from the arm of the patient, and stir into it a tea spoonful of salt. This mixture must be swallowed whilst still warm. If the patient experiences any return of the fits, the bleeding must be repeated, and the blood again drank on the ninth morning, mixed with the salt as before.

The blood was taken away, and the horrid potion drank; but neither the one nor the other was accomplished, without exciting in the unfortunate subject of the experiment the strongest signs of repugnance and horror. Indeed, the experiment would not have been made, so great a degree of aversion was manifested by the patient, had not the parents placed great reliance on a remedy which, besides being so strongly recommended, was by its uncommonness, and by the attention required to be paid to the state of the moon, and to certain days, well calculated to inspire an extraordinary degree of expectation. Complete success was the reward of their resolution, for not only was the return of the fit prevented; but a most unexpected event took place, the child was no longer prone to those violent gusts of passion to which she had hitherto been subject.

To account for the operation of this extraordinary remedy is, perhaps, not very difficult. With the
hope

hope of inducing the child to repress its violent sallies of passion, the dependence of the fits on these had been frequently and strongly inculcated ; and well knowing that these means were employed to prevent the return of the fits, and that they were again to be repeated should the fits return ; the child could not avoid making the conclusions, that to avoid this terrific and disgusting process, it was absolutely necessary that she should repress her passionate exertions ; and that it was much better to submit to the will of her parents, than be again forced to swallow her own blood.

RUPTURES.

AMONG the causes of ruptures, in children, may be undoubtedly mentioned, the exertions which accompany violent screamings and crying. This is a fact which must be so well known, as to require to be mentioned only, for the sake of reminding the fond parent, that this complaint, which may continue through life, is very likely to be one of the melancholy consequences of that violence of temper which extreme indulgence too often creates. But even without considering the exertions just mentioned as equal to the effect of producing this malady, the impediments they will place in the way of a cure are so considerable, and so obvious, as to demand but very-little reflection to

to convince the parent, that, in this case, no temporary gratification can atone to a child, for the pain and inconvenience to which he is thus subjected.

FRACTURED LIMBS.

WHEN a child, who in temper and disposition is rather intractable, has the misfortune of suffering under this accident, the pain and inconveniences he will endure must be considerably greater than those of a patient, in whom conformity to the injunctions of the surgeon, and submission to the necessary confinement and restraints can be obtained. In the one case, nature proceeds uniformly and regularly to the completion of that process, by which the bone is united : the parts being so retained by the art of the surgeon, and the attention of the patient, that the union is generally accomplished, without injury either to the functions, or the appearance of the injured limb. But, in the other case, where the injunctions of the surgeon are not obeyed by the patient ; and where, yielding to impatience, he is constantly moving the injured limb, nature is interrupted in her work, and the utmost care of the surgeon may be insufficient to prevent his patient from suffering from deformity and lameness, through the remainder of his life.

FEVERS

FEVERS IN GENERAL.

IN fever, and indeed, in every febrile complaint, the want of sufficient influence over children to obtain a compliance with necessary regulations, may be considered as a circumstance likely to place them in a situation of great danger.

In the commencement of fever, when its speedy cure, or its tedious protraction, will depend on the almost entire removal of external irritation, and on obtaining a copious flow of perspiration, the hopes of the physician will be proportioned to the degree of submission he discovers in his patient, whose continuance in an irksome and unpleasant situation, for several hours, must often be required. If the body is not kept still, and the arms, and even, perhaps, the face, are not kept underneath the bed-clothes; and if proper drinks are not taken freely, and of a due degree of temperature, little chance will exist of any benefit being derived from the remedies employed. But in those children, whom faulty indulgence has rendered too irascible, the necessary submission is with difficulty, if even at all obtained. As the heat and inconveniences increase, so also will the agitations of the child increase: the body will be thrown from one side of the bed to the other, and the arms continually tossed out of the bed; the head ach at the same time being augmented

augmented by incessant wailings, and the opposition to those injunctions to which he is not disposed to submit.

As the disease proceeds in its progress, the difficulties arising from want of a due government of the child will be found to increase. Medicines, and those, of necessity, not very pleasant, should be taken ; drinks, not exactly of that degree of temperature, nor quite agreeable to the taste of the patient, may be required to be drank ; and oftener, perhaps, than he is inclined to. A quiet submission to all this might be too much to expect in almost any child ; and in a child who has not been habituated to submit to the dictates of its parents, his opposition will, most probably, be such as to prevent the necessary means from being employed with the least probability of success.

INFLAMMATORY AFFECTIONS IN GENERAL.

INDULGENCE in too high living, by taking too freely of animal food, of highly seasoned dishes, and of wine, frequently creates, in children, a disposition to diseases of the inflammatory kind.

Were the operations of instinct allowed to direct a child in the choice of its food, this species of excess would but rarely happen ; but unhappily parents, led away by fanciful reasonings respecting the food of their
O o o children,

children, often vitiate their taste, and overpower the impulses of instinct, by intruding on them that kind of diet which is opposite to that which nature demands. Frequently, thinking that a child cannot be too highly nourished, will a fond mother be seen urging a fine, full, healthy child, to eat more meat, whilst the child turns with disgust from the morsel which is forced upon him.

In such a case, either the instinctive appetite of the child will prevail, and his disrelish for animal food will be increased, by its being repeatedly forced upon him ; or, in consequence of perseveringly continuing to oblige him to take animal food, the stomach becomes so far accustomed to the meal, that he, at last, eagerly craves, with a depraved appetite, for that food which he before rejected. In this way may be brought on the habit of taking animal food beyond the demands of the system, by which considerable danger will arise, of such a disposition to inflammation ensuing, as may require only a very slight occasional cause to produce a disease, of a very alarming nature.*

THE

* It is proper to observe here, that parents sometimes run into an error of an opposite kind ; but, perhaps, not less injurious to their children. Alarmed by some little appearances of eruption or scurfiness of the skin, they suspect some particular grossness of the humours, and, with the hopes of correcting this state, the child is strictly prohibited from taking any animal food, butter, &c. such a regimen being insisted,

THE CROUP.

WITHOUT dwelling on the possibility of this dreadful disease being actually produced, by the long continued and violent screamings, which children, who have been much humoured, sometimes employ to obtain those things of which they are desirous, or to manifest their dislike to those things they wish to avoid, it may be sufficient to remark, that this disease, always formidable, will hardly ever yield where the unhappy sufferer is of a petulant and froward disposition.

The frequent screamings by which children of this description manifest the distress they endure, cannot but increase the inflammatory state of the windpipe; besides that the restlessness, and frequent agitation of the limbs, must entirely prevent that state of the skin from being produced, on which the cure will materially depend.

INFLAMMATION OF THE LUNGS.

THIS inflammation of the lungs becomes, in such subjects, a disease truly formidable. The poor little sufferer,

insisted on, consisting of puddings made without eggs, dry bread, milk thinned with water, &c. as cannot but increase that debility which already too much prevails.

sufferer, to whom the patient endurance of even trifling inconveniences has not yet been taught, will most probably, under the distressful sensations accompanying this disease, employ exertions so violent, as may be likely to augment every alarming symptom.

By such incessant agitations, the heat of the blood is increased, the circulation is hurried on through the inflamed lungs, the perspiration is checked, and the febrile state is necessarily increased.

PLEURISY.

THE remarks just made must apply with still more force, in cases of pleurisy, the urgency of the pain necessarily occasioning, even in the most patient, that degree of agitation which must considerably counteract the measures employed to effect the cure.

INFLAMMATION OF THE STOMACH AND BOWELS.

IN this disease, where the agonies of the patient are so vehement, the most patient sufferer will hardly possess the power of repressing his exertions, so as to give to the remedies employed those advantages which are necessary for securing their effectual operation.

Much

Much less must it be expected then from the poor child who has been permitted, and even taught to display his resentment and anger upon every incidental infliction of pain.

Children who are unlimitedly gratified with every thing they capriciously demand, may also be reasonably expected to be more prone than others to this disease. The various articles of indigestible trash, which such children are constantly taking into their stomachs, must, by the irritation they occasion to the bowels, be likely to produce this disease.

INFLAMMATION OF THE EYE, AND EYE LIDS.

THE termination of this disease, in children, will frequently depend on the degree of docility with which the little sufferer is endued. When he is unhappily of an untoward disposition, a distressful termination may be apprehended. The inflamed eye, from which every stimulus should be abstracted as carefully as possible, is by fretting kept continually suffused with briny tears. To be convinced how much injury this must occasion, it is only necessary to recollect, that redness and tenderness of the eyes and eyelids are effects which always succeed to this mode of expressing distress. Children who are not under due restraint,

will

will also always considerably aggravate the evils under which they suffer, by constantly rubbing the inflamed eye with their hands ; a practice which children of this description generally have recourse to, expecting thereby to remove the pain and inconvenience they suffer. In addition to these circumstances it is to be considered, that in children of the description of which we are speaking, the greatest difficulty exists in obtaining the employment of the necessary means of cure. Not only is the surgeon perhaps prevented, from administering proper internal remedies ; but he is also most certainly precluded, from having the external applications duly employed,

THESE are impediments to the cure of this malady, in children of a violent and petulant temper, which every surgeon must have had reason repeatedly to lament. Indeed, I doubt not but that all those who have had the opportunities of observation, will concur with me in thinking, that blindness is, in these cases, not unfrequently the consequence of parents losing, by their mismanagement the necessary sway over the minds of their children.

THE MALIGNANT, ULCERATED, SORE THROAT.

LIFE must frequently depend, in the malignant ulcerated sore throat, on the degree of compliance and manageableness

manageableness which the little patient evinces during its progress. Measures are necessary to be adopted in these cases which must not only be disagreeable, but which are productive of an increase of suffering, for a time. Nutritious drinks, although occasioning, by the mere action of swallowing, considerable pain, must be taken freely, or the strength of the child will not be sufficiently supported. Wine, which from its sharpness must occasion still more pain in being swallowed, must also be occasionally employed. Preparations of bark and other medicines, not perhaps agreeable to the palate, must in most cases be required; and gargles, from the use of which some inconvenience, and even some pain must arise, will often be indispensibly necessary.

But when the unhappy subject of this disease has been in the habit of permitting that only which accords with his inclination, and of obtaining an exact submission to all his little caprices, little hopes can be entertained, if the case be dangerous, of any real advantage from medical advice or even the highest estimation; since in a child thus educated, no hopes can be entertained, that such a compliance with the prescriptions will be obtained as will give a chance of its recovery.

THE HOOPING COUGH.

IN the hooping cough, the paroxysms are always likely to be brought on by any passionate exertions. A considerable difference is always to be perceived, in the number of the paroxysms in the same child, on those days in which but little has occurred to ruffle its mind ; and on those days, when some little opposition has been made to its inclinations. In those children, whose minds have been duly regulated, the little sufferer will be seen, when the fit is threatening, to retire silently to any part of the room, and there patiently wait the attack ; or, clinging to the knee of its mother, quietly endeavour so to regulate its breathing, as its hopes may defer, or moderate the violence of the approaching convulsion. On the other hand, the unfortunate darling, whose indulgence has taught him a lesson, which painful experience must correct, that he has a right to expect to meet with every thing according to his wishes ; and who, therefore, does not feel it a duty to submit to that which is unpleasant with some degree of resignation, not only brings on the paroxysm, by his petulance occasioned by various other causes ; but displeased, and even angered at feeling the fit approach, his resistance is of that violent and empasioned kind, as to occasion the attack of the disease to come on, with increased rapidity and violence.

DISEASES

DISEASES OF THE SKIN.

CHILDREN are subject to eruptive diseases of various parts of the body, the discharge occasioned by which is of such a nature, that being applied even to the sound skin of the neighboring parts it will soon effect a morbid change in the vessels of those parts, in consequence of which they will secrete a matter possessing similar powers, with that by which their diseased action was produced. In those children, therefore, who are not under a certain degree of restraint, the irritation they experience in the skin occasions their frequent application of the nails, both to the diseased parts, and to the surrounding skin ! the healthy skin is therefore abraded by the nails, imbued with this morbid poison, and the disease is hereby multiplied. In those cases where this disease occurs in the face, the diffusion of the exuding matter, by the frequent rubbing with the child's hands, is frequently succeeded, in consequence of its application to the eye, by a very severe and alarming inflammation of this part, which is with considerable difficulty subdued, since every thing is done, on the part of the patient, which is likely to encrease and prolong the disease.

THE MEASLES.

A proneness to inflammation in the lungs, appears to be almost characteristic of this disease : and on the degree in which the inflammation of the lungs takes
 P p p place,

place, will, in general, depend the degree of danger which accompanies the measles. In this disease, therefore, there can exist but little doubt, that a happy termination, can only be reasonably expected, where a moderate degree of conformity with the prescribed rules, and a due moderation of the temper, can be obtained.

Where this is not the case considerable danger must arise. From those agitations and exertions which will accompany impatient endurance, an increase of the disposition to inflammation ; and even inflammatory action will probably proceed : and when this does take place, the difficulty of checking its progress must be obvious.

THE SMALL POX.

THE disease in which a want of sufficient influence over the mind of a child is likely to occasion most suffering to the patient, and distress to its relatives and attendants is the small pox.

As the quantity, and even, in some measure, the degree of resistance of the subsequent eruption will depend on the violence of the eruptive fever, the greatest care is necessary that every thing be carefully avoided in the first moments of the disease, which by irritating, may be likely injuriously to augment the febrile state. But those only who have witnessed it can be judges of the difficulty with which this can be accomplished, in a child of a froward and cross disposition. General observation

observation will, however, point out the fact, that children of this description will, in consequence of their impatience and violent agitations, be loaded with the eruption to a much greater degree, than those children whose pliability of temper renders them more easily managable.

Nor is it merely in the commencement of the disease, that mischief is liable to be produced by the fallies of impatience and petulence ; since through the whole of the eruptive period, excessive augmentation of the febrile heat will most frequently be followed by a superabundant crop of pustules.

In the more advanced stages of this loathsome disease, the scenes which the parent must witness will be dreadfully convincing, that excessive indulgence of children is generally productive of tenfold distress and suffering. As the eruption proceeds, a troublesome heat and itching of the skin takes place : and where this is not borne with a tolerable share of patience, the nails of the poor child are employed to overpower the irritation of the skin ; but with so much vehemence, that the skin becomes more inflamed, being in parts even abraded, by which the number of pustules must of necessity be considerably multiplied.

But when the maturation of the pock takes place, the mischiefs proceeding from inability to restrain the impatience of the poor tormented child become too obvious

obvious. His little hands are constantly employed in rubbing the face, or some part of the body, and oftentimes with so much violence as to crush almost every pustule. The part which in general suffers most from this species of injury, is the face, which will frequently be shockingly lacerated, and covered with the blood, and the contents of the ruptured pustules.*

INOCULATION.

THE remarks which have been just made, are also applicable to those children who derive the small pox from inoculation ; since it too frequently happens that many of the advantages deriveable from the process of inoculation are counteracted, by the evils which proceed from excessive indulgence.

Children

* In those cases in which such an event is to be apprehended, parents should consider that no reliance for its prevention can be placed on the most vigilant attention of the nurse ; since in a moment of time, whilst her head is turned, the mischief may be accomplished. The child should therefore, by an appropriate and easy contrivance, have its hands so secured as to render their approach to the face impossible. Parents frequently object to this practice, on the suspicion that by the struggles which the child will make to obtain a release from his confinement, he will injure himself more than he would were his hands and arms left at liberty. But in almost every case where the hands of a child are properly secured, a day or two before the maturation of the pock, he will indeed struggle for a while ; but when he finds his exertions ineffectual, and that he is as it were conquered, he of necessity yields to his confinement : and indeed it is often astonishing to see how soon, and how quietly, children of even violent dispositions submit to this species of coercion.

Children who have been faultily indulged, are undoubtedly the worst subjects for inoculation that can be found. During that period, in which some degree of caution is necessary, as to their food, it is much to be feared, from the eager requisitions of the child, and the habitual promptness of compliance on the part of the parent, that a sufficiently strict attention to the prescribed regimen will not be paid. When the very serious evils which in general follow such transgressions are considered, it is astonishing that they are ever committed ; but it too frequently happens, that judgment is made to submit to the suggestions of overweening fondness. A celebrated surgeon, some years ago, inoculated two or three children of one family in the metropolis. Each child was loaded with a confluent eruption, and, in spite of every exertion on his part, they all died. His mortification may be easily conceived to have been very great ; nor, perhaps was it much lessened upon learning that, on the night preceding the fever, the children were allowed to sit at the supper table, and partake freely of roast fowl, wine, &c. &c.

It seldom happens that during the period of eruption the child is entirely free from some degree of inconvenience and pain : sometimes indeed, very acute pain will be felt in the head, loins, or pit of the stomach. When in consequence of this producing a strong degree of impatience, the child is incessantly crying

crying and rubbing his hands with violence over his eyes, and indeed the whole of his face ; the eruption, provoked by this irritation, will fly in considerable quantity to the face, and particularly to the eyelids, which from the friction, and the constant application of the briny tears, become generally affected with some slight degree of inflammation.

CASES REQUIRING CHIRURGICAL AID.

CHILDREN who have been thus imprudently educated, must be more exposed to accidents than others, in consequence of the little attention they generally pay to the directions and remonstrances of their attendants ; but independent of this, cases will necessarily arise, in which chirurgical aid will become necessary.

These are cases, which must too painfully convince the parent of the error of allowing parental influence to be lost. Frequently from the unconquerable temper of a child are his sufferings redoubled, and the mind of the fond parent more cruelly tormented. Ill applied tenderness often allows the critical moment to pass in which, by some trifling operation, accompanied with a little temporary increase of pain, certain relief might have been obtained ; whilst obstinate and violent resistance entirely prevents the performance of that, by which alone, perhaps, health can

can be restored ; or allows it only to such an extent that the proposed intention is by no means fulfilled.

FROM what has been said above, it is hoped that parents will plainly perceive that the ease, the health, and even the life of their children, must frequently depend on the due regulation of their passions and temper, in even their infantile days,—in other words, that the obtaining of such a degree of influence over the mind of a child as may procure its prompt submission to the will of its parents, either in yielding up that which may be injurious, or in acceding to that which, though not pleasant, may be absolutely necessary, will greatly contribute to the present, as well as the future comfort and tranquility, both of the parent and the child. The fond parent cannot, even with a little attention, avoid discovering, that the object of his affection will, when thus educated, be the less likely to fall the victim of disease ; that by having been rendered thus manageable, when disease does unavoidably occur, he will not deprive himself of the chance of recovery, by obstinately opposing the efforts of art ; and that, should even a fatal termination take place, his mourning relatives will not have to accuse themselves with having occasioned his death, by having, in fact, excited that opposition which the lamented object has made to every rational endeavour for his recovery.

Other

Other effects on the health are produced by excessive indulgence, which, though highly injurious, are not so obvious as those which have been already particularised. A constant fretfulness is generated, which, even during the moments that it does not actually break into expressions of violence and passion, is constantly torturing the mind and peace; the digestive powers become affected, the process of nutrition is impeded, and the child pines under a wasting hectic. "Passions," says an elegant writer,* "are quick and strong emotions, which by degrees subside. Temper is the disposition which remains after these emotions are past, and which forms the habitual propensity of the soul. The one are like the stream when it is swola by the torrent, and ruffled by the winds; the other resembles it when running within its bed, with its natural force and velocity. The influence of temper is more silent and imperceptible than that of passion; it operates with less violence; but as its operation is constant, it produces effects no less considerable."

* Dr. Blair.

FINIS.

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